

MONTGOMERY COUNTY



MONTGOMERY COUNTY  
*Recreation*



# GUIDE

WINTER 2012-13

RECREATION AND PARK PROGRAMS

ICE SKATING

VOLLEYBALL

TENNIS

DIVING

ICE HOCKEY

TRIPS & TOURS

MAPLE  
SUGARING

DANCING

NATURE HIKES

POTTERY

⋮

and much more!

*Garden of Lights*

# From the County Executive



Winter 2013

Dear Montgomery County Resident:

The upcoming holidays and the start of a new year are perfect times to begin planning fun and healthy activities for 2013. Inside this issue of "Montgomery County Guide to Recreation and Park Programs" you will discover some new and some familiar activities.

Whether you are looking for an invigorating workout or a relaxing arts program it has never been easier to stay active and involved. The Guide is filled with classes, activities and programs to serve all ages, interests and abilities. Our Recreation Department has worked hard to develop leisure programming that not only improves the health and well-being of our residents, but provides plenty of opportunities for recreation, relaxation, and fun. Take a minute to browse through the Guide at the wide-range of activities offered.

Of interest to our senior population is the recent opening of the White Oak Senior Center. Located in the new White Oak Community Recreation Center, the senior center shares state-of-the-art amenities with the community center, including two full-size gymnasiums, a spacious social hall and expansive arts and crafts facilities. The new center is open Monday, Wednesday and Thursday from 9 a.m. to 3 p.m., and beginning in January, hours will extend to Monday through Friday. If you have not visited this new center, make a point of stopping by and checking out the many programs and classes offered.

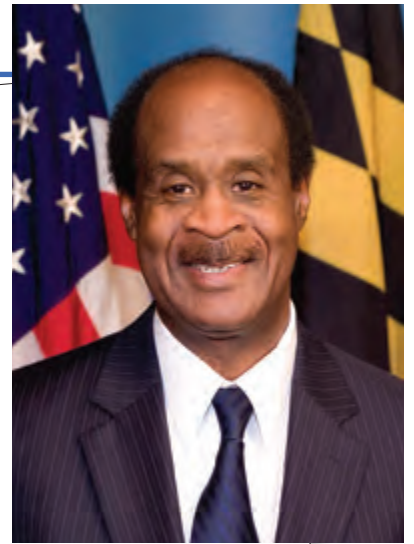
As we approach the end of another year, keep in mind that many of our facilities offer an assortment of holiday activities. Those who enjoy traditional holiday events will want to attend the annual Bauer Drive Holiday Happening Craft Show on December 1. If you prefer a non-traditional activity, check out the scuba dive photograph with Santa at the Olney Swim Center on December 4. And, after the hustle and bustle of the holidays is over, you may want to treat yourself and your family to an adventurous snow-tubing trip offered by the Trips and Tours team. All of these activities can be found in this issue of the Guide.

As we move toward cooler weather, I send my warmest wishes to you and your family during this coming winter season. It is a pleasure and honor to serve you as County Executive, and I look forward to seeing many of you in coming months.

Sincerely,

A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett  
County Executive



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Montgomery County Government is committed to compliance with the Americans with Disabilities Act (ADA). To facilitate inclusion, interpreters, large print or Braille, auxiliary aids and/or services should be requested at the time of registration.

## HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tienen ideas o sugerencias de algún otro tipo de programas, por favor llámenos al 240-777-6839.



Registration For  
Winter  
Classes Begins  
**November 12th**

Swim Lesson  
Registration will begin  
**December 12th**

## Montgomery Parks



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The Maryland-National Capital Park and Planning Commission

# IMAGINE

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A Whole Lot Easier.

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Today.

240-777-6840



*Give the gift of fun!*



# 12 Ways to have Fun this WINTER

## ***Grab Your Hat and Gloves.***

Jump on a specially made tube, and head down the slope for an exhilarating ride. Join us for a day of Snow Tubing fun at Whitetail Mountain Resort. Trip info listed on page 87.

## ***Take a Picture With Scuba Santa.***

Yep, underwater with just you and Santa. Use our scuba equipment or hold your breath and dive for a quick action shot. See info on page 16.

## ***Play With Paint!***

We have arts programs for all ages, from toddlers to seniors. Class list begins on page 33.

## ***Spark Your Child's Interest in Science.***

Our "Little Scientist" program for ages 3-5 allows children to participate in basic chemistry experiments. The program also includes art exploration, just for fun. See page 60.

## ***Try a Yoga Class.***

Honestly - you don't have to turn yourself into a human pretzel to enjoy the benefits of yoga. We offer a variety of yoga classes for those of us who are not gifted with 'pretzeling' ability. See page 53.

## ***Throw a Great Dinner Party!***

We offer cooking classes to teach you all kinds of kitchen skills, including how to cook a great dinner party. Invite your family or friends and wait for the compliments. See page 44.

## ***Pretend It's Summer And Jump In!***

Our four indoor pools offer a summertime experience all year long. We offer daily admissions, and 3, 6, and 12 month passes. See page 10.

## ***Spike It! Serve It! Pass It!***

Check out our Volleyball clinics and 'Just Do It'. See page 67.

## ***Dance Up a Storm!***

We have classes for toddlers, kids, and adults, including Ballet, Breakdancing, Hand, Hip Hop and more. Heck, we even offer aerobic dance classes like Dance and Fitness, Ballet Exercise, and Zumba. With all those options, one has to be perfect for you! Info starts on page 38.

## ***Tumble into Gymnastics.***

It's a great all-around youth exercise program that builds strength, flexibility, and coordination. See page 63 & 66.

## ***Be a Jewelry Fashionista.***

Make necklaces, bracelets or earrings to keep for yourself or give as the perfect holiday gift. See page 36.

## ***Stop the Excuses!***

Yeah, yeah - we've heard them all. Now get out there and do SOMETHING! You're looking at a entire book full of exciting activities. Just pick one, sign up, and shake up your life a little. Be Active, Montgomery!

# CLUB REC

**MONDAY-FRIDAY, 3-6PM**  
**\$60/MONTH**

**HOMEWORK TIME,  
SPORTS & GAMES,  
ARTS & CRAFTS,  
COMPUTER ACCESS\*,  
SPECIAL EVENTS  
AND MORE!**

*\* East County, Long Branch and Mid-County do not have computer access.*

## COFFIELD

Gwendolyn Coffield Community Center  
2450 Lyttons ville Road  
Silver Spring, MD  
Phone 240.777.4900  
Grades K-5

### COURSE № MONTH

338498	November
338499	December
312478	January
338501	February
338502	March
338503	April
338504	May
338505	June

## DAMASCUS

Damascus Community Center  
25520 Oak Drive  
Damascus, MD  
Phone 240.777.6930  
Grades K-8

### COURSE № MONTH

338508	November
338509	December
312510	January
338511	February
338512	March
338513	April
338514	May
338515	June

## EAST COUNTY

East County Community Center  
3310 Gateshead Manor Way  
Silver Spring, MD  
Phone 240.777.8090  
Grades K-5

### COURSE № MONTH

338518	November
338519	December
312520	January
338521	February
338522	March
338523	April
338224	May
338525	June

## LONG BRANCH

Long Branch Community Center  
8700 Piney Branch Road  
Silver Spring, MD  
Phone 240.777.6965  
Grades K-5

### COURSE № MONTH

338528	November
338529	December
312530	January
338531	February
338532	March
338533	April
338234	May
338535	June

## MID-COUNTY

Mid-County Community Center  
2004 Queensguard Road  
Silver Spring, MD  
Phone 240.777.6820  
Grades K-5

### COURSE № MONTH

338538	November
338539	December
312540	January
338541	February
338542	March
338543	April
338244	May
338545	June

## PRAISNER

Marilyn J. Praisner Community Center  
14906 Old Columbia Pike  
Burtonsville, MD  
Phone 240.777.4970  
Grades K-5

### COURSE № MONTH

338548	November
338549	December
312550	January
338551	February
338552	March
338553	April
338254	May
338555	June

## UPPER COUNTY

Upper County Community Center  
8201 Emory Grove Road  
Gaithersburg, MD  
Phone 240.777.8077  
Grades K-8

### COURSE № MONTH

338558	November
338559	December
312550	January
338561	February
338562	March
338563	April
338264	May
338565	June

## WHITE OAK

White Oak Community Center  
1700 April LN  
Silver Spring, MD  
Phone 240-777-6940  
Grades K-8

### COURSE № MONTH

339084	November
339085	December
339086	January
339087	February
339088	March
339089	April
339090	May
339091	June

**FOR MORE INFORMATION, PLEASE CONTACT THE COMMUNITY CENTERS LISTED ABOVE.**  
**VISIT [MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC) TO REGISTER.**

Bauer Drive Community Center  
14625 Bauer Drive  
Rockville, MD 20853



MONTGOMERY COUNTY  
*Recreation*

# JURIED CRAFT SHOW



**December 1, 2012  
10 am to 4 pm**

**ADMISSION IS FREE TO THE PUBLIC**

**Ample Parking Available**

**For More Information,  
Contact The Bauer Drive Community Center  
At (240)777-6922**

**If Interested In Being A Craft Vendor,  
Please Contact "Alex" Taylor At (240)777-8058  
Or By Email At [Winston.taylor@montgomerycountymd.gov](mailto:Winston.taylor@montgomerycountymd.gov)**

# HAVE HOLIDAY TREATS LEFT YOUR DIET & WORKOUT ROUTINE A TOTAL WRECK?

*The TOTAL REC Pass  
is the easy way to have access  
to all Montgomery County  
Recreation facilities,  
including:*

- All Indoor Aquatic Centers
- Fully Equipped  
Weight/Exercise Rooms
- Basketball Courts
- Pool Tables

Then now is the time  
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to the **TOTAL REC** Pass!  
It saves you money while  
getting back into shape!

Save MONEY!  
Buy your pass online at  
[recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov)

# TOTAL



IT'S EASIER THAN EVER TO STAY IN SHAPE  
WITH RECREATION'S TOTAL REC PASS!



2012



**MONTGOMERY COUNTY**

**THANKSGIVING**

**PARADE**

**DOWNTOWN SILVER SPRING**

**FROM ELLSWORTH DR. TO SILVER SPRING AVE.**

**Saturday, November 17**

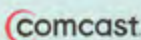
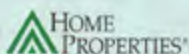
**10:00am**



EMCEE  
**BRIAN VAN DE GRAFF**  
ABC7/WJLA-TV METEOROLOGIST

**240-777-6821**

[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
[m.SilverSpringDowntown.com](http://m.SilverSpringDowntown.com)



# Just for the

**FREE!** Blue Sky Puppet Theater presents...  
The Pigs at the Pole! This hilarious action packed puppet show is filled with audience participation, laughs, and a wonderful message.

Santa's in trouble...the elves have the flu...presents need to be made...he calls for help! Who responds? OH NO! It's The Three (not so) Little Pigs! Christmas has never been in this much trouble! These pigs have a lot to learn about cooperation and working together. This modern show feature remot control cars, electric guitars, and a vegetarian wolf!

Join us on Saturday, December 22 for this delightful family event, perfect for ages 2 - 10.

Mid County Community Recreation Center,  
2004 Queensguard Road, Silver Spring - 240-777-6820.

The fun begins at 1 PM with arts & crafts, games and light refreshments. The puppet show begins at 2:00pm.

Registration is required. Space is limited, sign up today!  
Register at [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov)  
for course #343787.

## Jingle Bell Rock Dance

Listen to the DJ spin the latest hits!  
Join in and learn how to line dance.  
Enjoy light refreshments. Party decorations make this dance complete! This Therapeutic Recreation event is for teens and adults, ages 15 and up, with disabilities.

Saturday, December 15

7:00pm - 10:00pm

Holiday Park Senior Center,  
3950 Ferrara Drive, Wheaton  
240-777-6870.



# RECORD

## Juried Craft Show

Just in time for all your holiday gift needs.

Stop by on  
Saturday, December 1  
10:00am - 4:00pm

FREE admission.

Bauer Drive Community  
Recreation Center,  
14625 Bauer Drive  
240-777-6922

See page 5

## Santa's Workshop & Winter Wonderland Festival

Enjoy a cup of hot chocolate, a new cookie recipe, a little music, some holiday shopping, and Santa & Mrs. Claus in a festive atmosphere with the spirit of friendship and elves. A dreidel game, children's crafts, a letter to Santa and more...

Please bring 2 cans of food for the needs, and if you want to participate in the cookie swap, bring 6 dozen cookies - 4 dozen to swap and 2 dozen to share.

Come join us for an evening of family fun...

Wednesday, December 12, 6:30pm - 9:00pm  
Damascus Community Recreation Center,  
25520 Oak Drive, Damascus

Everyone is welcome - call 240-777-6930 for an application.

## Holiday Park Senior Center

3950 Ferrara Drive, Wheaton • 240-777-4999

### 'Tis the Season

Singer/Pianist Dale Jarrett  
Thursday, December 6, 1:15pm - 2:15pm  
FEE: \$1.00 at the door

### Merry Melodies

Singer/Guitarist Ellis Woodward  
Monday, December 10, 1:15pm - 2:15pm  
FEE: \$1.00 at the door

### Holiday Favorites from Around the World

The Steffi Offutt Trio  
Thursday, December 13, 1:15pm  
FEE: \$2.00 at the door

### Winter Wonderland

The Christiana Drapkin Band  
Monday, December 17, 1:15pm  
\$2.00 at the door

### Happy New Year

Gina DeSimone Trio  
Friday, January 4, 1:15pm  
FEE: \$2.00 at the door.

## Breakfast with Santa!

Saturday, December 15 from 9:00am - 11:00am

Arts & crafts, door prizes and fun!

Enjoy a hearty breakfast of sausage, eggs, pastries, juice or milk. Cost \$3 for kids' ages 3 - 7 and \$5 for ages 8 and up.

Kids will have the opportunity to meet and have their pictures taken with Santa.

Pictures with Santa are available for \$5 each.

Join us for this family event at the  
East County Community Recreation Center,  
3310 Gateshead Manor Way, Silver Spring  
240-777-8090.





# Aquatics

*Live a Little ...  
Swim a Lot!*

## **INDOOR POOLS\***

### **Martin Luther King, Jr Swim Center (MLK)**

240-777-8060

1201 Jackson Road, Silver Spring

### **Eunice Kennedy Shriver and Sargent Shriver Aquatic Center (Shriver AC)**

240-777-8070

5900 Executive Boulevard, N. Bethesda

### **Olney Indoor Swim Center (OSC)**

240-777-4995

16605 Georgia Avenue, Olney

### **Germantown Indoor Swim Center (GISC)**

240-777-6830

18000 Central Park Circle, Boyds

\*Schedules and Facility descriptions are available online at  
[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

### **Family Recreational Swims**

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

### **Swimming Instruction**

Please check each pool's listing for lesson schedule changes, due to facility conflicts. Lessons will be held on all other days the facility is open. Please register accordingly.

### **Rentals - Parties!**

GISC, KSAC, OSC, and MLK have times available for rental by groups.

Party Rooms are available for rent.

Contact the facility supervisor for available times and fees.

### **Website Info**

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

# WATER FITNESS CLASSES

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 150.

## Instructors:

Wellness Network: Linda Costello	301-924-3488	<a href="mailto:wellnet1@aol.com">wellnet1@aol.com</a>
Waterworks: Sally Dimsdale	301-593-1609	<a href="mailto:sallyswaterworks@msn.com">sallyswaterworks@msn.com</a>
H2O Fitness: Peggy Brower	301-603-1328	<a href="mailto:browsers4@aol.com">browsers4@aol.com</a>

## Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions	\$48
Instructor: Peggy Brower	
343642 MLK Swim Center	1/2 W 10:00am - 10:50am
343641 MLK Swim Center	1/7 M 10:00am - 10:50am

## Aqua Cardio Challenge

This CO-ED class offers a vigorous workout giving you the cardio challenge you want. It meets in the shallow end of the pool where the water will be churning. It is a power packed class where you will build muscle, endurance and stamina.

9 Sessions	\$48
Instructor: Peggy Brower	
343643 MLK Swim Center	1/6 Su 5:00pm - 6:00pm
Instructor: Network, Inc Wellness	
343656 Olney Swim Center	1/8 Tu 7:00pm - 7:50pm

## Aqua Mommy/ Pre-Natal

This is a class designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Children not potty trained must wear rubber pants over diapers. Your child will be in the class with you. A great class for Pre-Natal Moms.

9 Sessions	\$59
Instructor: Peggy Brower	
343644 Germantown ISC	1/4 F 10:30am - 11:20am

## Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

9 Sessions	\$48
Instructor: Peggy Brower	
343645 MLK Swim Center	1/4 F 10:00am - 10:50am

## AquaZumba

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a Fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

9 Sessions	\$48
Instructor: Peggy Brower	
343653 MLK Swim Center	1/3 Th 9:30am - 10:20am
343655 Germantown ISC	1/3 Th 7:30pm - 8:20pm
343647 MLK Swim Center	1/4 F 7:00pm - 7:50pm
343646 Germantown ISC	1/7 M 9:30am - 10:20am
343652 MLK Swim Center	1/8 Tu 9:30am - 10:20am
343654 Germantown ISC	1/8 Tu 7:30pm - 8:20pm
Instructor: Network, Inc Wellness	
343649 Olney Swim Center	1/2 W 8:00pm - 8:50pm
343648 Olney Swim Center	1/6 Su 9:00am - 9:50am
343650 Olney Swim Center	1/7 M 8:00pm - 8:50pm
343651 Olney Swim Center	1/7 M 1:30pm - 2:20pm
345675 Germantown ISC	1/3 Th 10:30am - 11:20am

## Water Boot Camp

Are you ready for an X-Treme Workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because your work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in either shallow water or deep water (belt required).

9 Sessions	\$48
Instructor: Network, Inc Wellness	
Deep Water	
343659 Olney Swim Center	1/4 F 1:30pm - 2:20pm
343660 Germantown ISC	1/4 F 1:00pm - 1:50pm
Shallow Water	
343705 Germantown ISC	1/8 Tu 10:30am - 11:20am



FIND US FAST ON  
YOUR SMARTPHONE



**Check out our  
land fitness  
classes Too!**

Pilates	pg 51
Body Sculpting	pg 51
Zumba	pg 47



## Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep water belt is required and may be purchased at the pool for \$20.

9 Sessions

\$48

Instructor: Peggy Brower

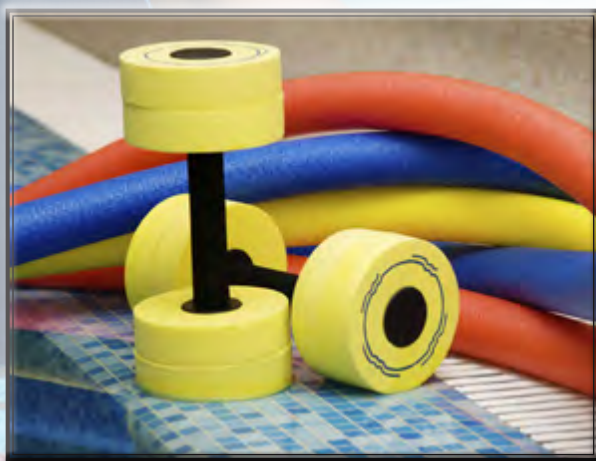
343663	MLK Swim Center	1/2	W	1:00pm - 1:50pm
343692	Germantown ISC	1/2	W	10:30am - 11:20am
343667	MLK Swim Center	1/3	Th	7:30am - 8:20am
343670	MLK Swim Center	1/4	F	11:00am - 11:50am
343668	MLK Swim Center	1/7	M	1:00pm - 1:50pm
343693	Germantown ISC	1/7	M	10:30am - 11:20am
343666	MLK Swim Center	1/8	Tu	7:30am - 8:20am

Instructor: Sally Dimsdale

343671	Kennedy Shriver Aq Ctr	1/2	W	8:30am - 9:20am
343674	Kennedy Shriver Aq Ctr	1/3	Th	10:00am - 10:50am
343676	Kennedy Shriver Aq Ctr	1/3	Th	7:30pm - 8:20pm
343672	Kennedy Shriver Aq Ctr	1/4	F	8:30am - 9:20am
343677	Kennedy Shriver Aq Ctr	1/7	M	8:30am - 9:20am
343673	Kennedy Shriver Aq Ctr	1/8	Tu	10:00am - 10:50am
343675	Kennedy Shriver Aq Ctr	1/8	Tu	7:30pm - 8:20pm

Instructor: Network, Inc Wellness

343684	Olney Swim Center	1/2	W	7:00pm - 7:50pm
343685	Olney Swim Center	1/2	W	1:30pm - 2:20pm
343689	Germantown ISC	1/2	W	8:30pm - 9:20pm
343665	MLK Swim Center	1/3	Th	7:00pm - 7:50pm
343679	Olney Swim Center	1/3	Th	8:00pm - 8:50pm
343680	Olney Swim Center	1/3	Th	8:30am - 9:20am
343682	Olney Swim Center	1/3	Th	10:30am - 11:20am
343691	Germantown ISC	1/3	Th	9:30am - 10:20am
343686	Olney Swim Center	1/4	F	6:00pm - 6:50pm
343683	Olney Swim Center	1/7	M	7:00pm - 7:50pm
343688	Germantown ISC	1/7	M	7:30pm - 8:20pm
343664	MLK Swim Center	1/8	Tu	7:00pm - 7:50pm
343678	Olney Swim Center	1/8	Tu	8:30am - 9:20am
343681	Olney Swim Center	1/8	Tu	10:30am - 11:20am
343690	Germantown ISC	1/8	Tu	9:30am - 10:20am



## Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions

\$48

Instructor: Sally Dimsdale

343704	Kennedy Shriver Aq Ctr	1/2	W	9:30am - 10:20am
343703	Kennedy Shriver Aq Ctr	1/3	Th	8:30am - 9:20am
343705	Kennedy Shriver Aq Ctr	1/4	F	9:30am - 10:20am
343706	Kennedy Shriver Aq Ctr	1/7	M	9:30am - 10:20am
343702	Kennedy Shriver Aq Ctr	1/8	Tu	8:30am - 9:20am

Instructor: Network, Inc Wellness

343711	Germantown ISC	1/2	W	7:30pm - 8:20pm
343701	MLK Swim Center	1/3	Th	8:00pm - 8:50pm
343707	Olney Swim Center	1/3	Th	7:00pm - 7:50pm
343709	Olney Swim Center	1/3	Th	9:30am - 10:20am
343700	MLK Swim Center	1/8	Tu	8:00pm - 8:50pm
343708	Olney Swim Center	1/8	Tu	9:30am - 10:20am

## Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions

\$48

Instructor: Sally Dimsdale

343730	Kennedy Shriver Aq Ctr	1/2	W	11:00am - 11:50am
343731	Kennedy Shriver Aq Ctr	1/4	F	11:00am - 11:50am
343729	Kennedy Shriver Aq Ctr	1/7	M	11:00am - 11:50am

Instructor: Network, Inc Wellness

343733	Olney Swim Center	1/2	W	10:00am - 10:50am
343728	MLK Swim Center	1/3	Th	10:30am - 11:20am
343734	Olney Swim Center	1/4	F	10:00am - 10:50am
343732	Olney Swim Center	1/7	M	10:00am - 10:50am
343727	MLK Swim Center	1/8	Tu	10:30am - 11:20am

## Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions

\$48

Instructor: Peggy Brower

343715	MLK Swim Center	1/2	W	9:00am - 9:50am
343717	Germantown ISC	1/2	W	9:30am - 10:20am
343716	MLK Swim Center	1/4	F	9:00am - 9:50am
343718	Germantown ISC	1/4	F	9:30am - 10:20am
343714	MLK Swim Center	1/7	M	9:00am - 9:50am

Instructor: Sally Dimsdale

343721	Kennedy Shriver Aq Ctr	1/2	W	8:30pm - 9:20pm
343722	Kennedy Shriver Aq Ctr	1/3	Th	11:30am - 12:20pm
343719	Kennedy Shriver Aq Ctr	1/7	M	8:30pm - 9:20pm
343720	Kennedy Shriver Aq Ctr	1/8	Tu	11:30am - 12:20pm

Instructor: Network, Inc Wellness

343723	Olney Swim Center	1/2	W	9:00am - 9:50am
343724	Olney Swim Center	1/4	F	9:00am - 9:50am
343725	Olney Swim Center	1/7	M	9:00am - 9:50am

## DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Fall swim team member.

### **Montgomery Stroke & Turn Clinic**

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers **MUST** be able to swim 25 meters/yards of freestyle without stopping. This program will meet for 22 sessions. The program begins Oct. 28, 2012 and runs to May 19, 2013. There will be no clinic on Nov. 25, Dec. 23 & 30, Feb. 3, Mar. 24 and May 31 and two other Sundays which will be announced at the first session. For more information call 240-350-8511. Registration began July 11, 2012.

22 Sessions \$330

Instructor: MSTC

333433	MLK Swim Ctr	10/28	Su	7:00pm-8:00pm
333429	Olney Swim Ctr	10/28	Su	7:00pm-8:00pm

### **SwiMontgomery**

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. At the Olney Swim Center, all participants and parents should attend the first class at 7:00 pm. Students will be evaluated and assigned groups and start time at the first class. The group times at Olney are 7:00-7:45 pm or 7:45-8:00 pm.

Instructor: Clinics MSTC \$190

341947	MLK Swim Center	1/7	M, W	7:00pm - 7:50pm
341945	Germantown ISC	1/10	Th, Tu	7:30pm - 8:20pm
341946	Kennedy Shriver AqCtr	1/10	Th, Tu	7:20pm - 8:10pm
341944	Olney Swim Center	11/26	M, W	7:00pm - 7:50pm

### **iSwim Clinic**

iSwim Clinic, lead by Sue Chen and Dave Crocker, is not a learn to swim program. With stroke technique skills, workouts, and video taping, iSwim Clinic will track participant progress. This program is intended to enhance competitive training. This program will not meet for one Sunday which will be announced at the first session. For more information, contact iSwim clinic at [schen502@comcast.net](mailto:schen502@comcast.net).

11 Sessions \$285

Instructors: Sue Chen, Dave Crocker

345405	Olney Swim Ctr	12/16	Su	2:00pm-3:00pm
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**Is your child ready to join a swim team?  
Our developmental swim program gives your child  
the skills to take the next step!**



# COMPETITIVE PROGRAMS

## ROCKVILLE MONTGOMERY SWIM CLUB

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is the local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Fall/Winter session runs September to March 2013.



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### Germantown Indoor Swim Center

For information contact Jon Smink at 240-777-6830 or  
Jon.Smink@montgomerycountymd.gov.

MINIS (336200)	\$780
Monday	5:00pm-6:00pm
Wednesday	5:15pm-6:00pm
Sunday	7:00am-8:00am

Recommended attendance: 2/week

JUNIORS (336201)	\$800
Thursday, Friday	6:30pm-7:30pm
Monday	6:00pm-7:00pm
Sunday	7:00am-8:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS (336202)	\$1050
Tues., Wed., Thur.	6:00pm-7:30pm
Friday	5:30pm-7:00pm
Sunday	7:00am-8:30am

Recommended attendance: 3-5/week

SENIORS (336205)	\$1050
Monday	7:00pm-8:00pm
Tuesday	5:00pm-6:00pm
Wednesday	4:45am-6:15am
Thursday	3:30pm-5:00pm

Recommended attendance: 2/week.

ADVANCED SENIORS (336206)	\$1300
Monday, Tuesday	3:30pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Wednesday	3:30pm-5:15pm
Friday	3:30pm-5:30pm
Saturday	5:30am-7:30am

\* Required practice. Minimum practices required: 5/week.

NDG (336203)	\$1300
Monday, Wednesday	6:00pm-7:30pm
Tuesday	5:30pm-7:30pm
Wednesday	4:45am-6:15am
Thursday	5:00pm-6:30pm
Saturday	6:30am-9:00am

Minimum practices required: 5/week

NTG (336207)	\$1600
Mon., Wed., Fri.	4:45am-6:15am
Tues., Wed., Thur.	3:30pm-6:00pm
Tuesday, Friday	3:30pm-5:30pm
Saturday	6:30am-9:00am

Minimum practices required: 7/week

\*Friday practice is required. Min practices required: 6/week.

### Olney Swim Center

For information call 240-777-6860.

MINIS (336192)	\$780
Tues., Thur., Fri.	6:00pm-7:00pm

Recommended attendance: 2/week

JUNIOR 1 (336193)	\$775
Tuesday, Thursday	6:00pm-7:00pm
Sunday	8:00am-9:00am

Recommended attendance: 2/week.

JUNIOR 2 (336194)	\$800
Monday, Wednesday	6:00pm-7:00pm
Friday	5:00pm-6:00pm
Sunday	7:30am-8:30am

Recommended attendance: 3/week.

ADVANCED JUNIORS (336195)	\$1050
Tuesday, Thursday, Friday	5:00pm-6:00pm
Wednesday	5:30pm-7:00pm
Sunday	7:30am-9:00am

Required attendance: 3-5/week.

SENIORS (336197)	\$1050
Tues., Wed., Fri.	3:45pm-5:00pm
Thursday	3:45pm-5:45pm
Saturday	7:30am-9:00am

Recommended attendance: 3/week.

ADVANCED SENIORS (336198)	\$1300
Mon., Wed., Fri.	3:45pm-5:30pm
Tuesday, Thursday	3:45pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Saturday	5:30am-7:30am

Required attendance: 6/week.

NDG (336196)	\$1300
Monday, Friday	5:30pm-7:00pm
Tuesday, Thursday	5:00pm-7:00pm
Sunday	7:00am-9:00am

Minimum practices required: 5/week.

NTG (336199)	\$1600
Mon., Wed., Fri.	4:45am-6:15am
Mon., Tue., Wed., Thur.	3:00pm-6:00pm
Friday	3:00pm-5:00pm
Saturday	6:00am-9:00am

Minimum practices required: 7/week.

## Martin Luther King, Jr. Swim Center

For information contact Carey Apple at 240-777-8060 or [Carey.Apple@montgomerycountymd.gov](mailto:Carey.Apple@montgomerycountymd.gov).

<b>MINIS (336184)</b>	<b>\$780</b>
Monday	8:00pm-6:00pm
Wednesday, Friday	4:30pm-5:30pm
Recommended attendance: 2-3/week.	
<b>JUNIOR 1 (336185)</b>	<b>\$775</b>
Tuesday, Thursday	5:00pm-6:00pm
Sunday	8:00am-9:30am
Recommended attendance: 2/week.	
<b>JUNIOR 2 (336186)</b>	<b>\$800</b>
Monday	6:00pm-7:00pm
Wednesday	5:30pm-7:00pm
Friday	5:30pm-7:00pm
Sunday	8:00am-9:30am
Recommended attendance: 3/week.	
<b>ADVANCED JUNIORS (336187)</b>	<b>\$1050</b>
Monday, Wednesday	5:30pm-7:00pm
Friday	5:00pm-6:30pm
Sunday	7:00am-9:00am
Required attendance: 3-4/week.	
<b>SENIORS (336189)</b>	<b>\$1050</b>
Monday	6:00pm-7:00pm
Wednesday	5:30pm-7:00pm
Tuesday, Thursday	3:30pm-5:00pm
Friday	3:30pm-4:30pm
Saturday	7:30am-9:00am
Recommended attendance: 4/week.	
<b>ADVANCED SENIORS (336190)</b>	<b>\$1300</b>
Monday & Friday	4:45am-6:15am
Mon, Tu, Th, Fri	3:30pm-6:00pm
Wednesday	3:30pm-5:30pm
Saturday	6:00am-9:00am
Minimum attendance required: 5/week.	
<b>NDG (336188)</b>	<b>\$1300</b>
Monday	4:00pm-6:45pm
Tuesday, Thursday	4:15pm-7:00pm
Wednesday	4:45am-6:00am
Friday	4:45pm-7:00pm
Sunday	6:00am-9:00am
Minimum attendance required: 5/week.	
<i>Dryland practices are required.</i>	
Tues., Thur., Fri.	4:15pm-5:00pm
<b>NTG (336191)</b>	<b>\$1600</b>
Mon., Wed., Fri.	4:45am-6:15am
Monday	3:45pm-6:00pm
Tuesday, Thursday	4:30pm-7:00pm
Wednesday, Friday	3:45pm-5:30pm
Saturday	6:00am-9:00am
Minimum attendance required: 6-7/week.	

## Kennedy Shriver Aquatic Center

For information contact Christa Krukiel at 240-777-8070 or [Christa.Krukiel@montgomerycountymd.gov](mailto:Christa.Krukiel@montgomerycountymd.gov).

<b>MINIS (336175)</b>	<b>\$780</b>
Monday, Wednesday	6:00pm-7:00pm
Tuesday, Thursday	5:00pm-5:45pm
Recommended attendance: 2/week.	
<b>JUNIORS (336176)</b>	<b>\$800</b>
Mon., Wed., Fri.	5:00pm-6:00pm
Sunday	8:45am-10:00am
Recommended attendance: 2/week.	
<b>ADVANCED JUNIORS (336177)</b>	<b>\$1050</b>
Tuesday, Thursday	5:45pm-7:15pm
Wednesday	6:15pm-7:30pm
Friday	5:45pm-7:00pm
Sunday	7:00am-9:00am
Required attendance: 3/week.	
<b>SENIORS</b>	
<b>OPTION 1 (336179)*</b>	<b>\$1050</b>
Mon., Wed., Fri.	3:30pm-5:00pm
Monday, Thursday	4:45am-6:15am
Sunday	6:00am-8:00am
<b>OPTION 2 (336180)*</b>	<b>\$1050</b>
Tues., Thur., Fri.	3:30pm-5:00pm
Monday, Thursday	4:45am-6:15am
Sunday	6:00am-8:00am
<b>OPTION 3 (336181)*</b>	<b>\$1050</b>
Monday, Wednesday	7:00pm-8:30pm
Monday, Thursday	4:45am-6:15am
Friday	3:30pm-5:00pm
Sunday	6:00am-8:00am
*Minimum practices required: 3/week including 1 morning.	
<b>ADVANCED SENIORS (336182)</b>	<b>\$1300</b>
Mon., Tues., Wed., Thur.	3:30pm-5:00pm
Tuesday, Friday	4:45am-6:15am
Sunday	6:00am-8:00am
Minimum practices required: 6/week.	
Friday mornings are required.	
<b>NDG (336178)</b>	<b>\$1300</b>
Mon., Tues., Thur., Fri.	6:00pm-7:30pm
Wednesday	4:45am-6:15am
Saturday	5:30am-8:00am
Minimum practices required: 5/week.	
<b>NTG (336183)</b>	<b>\$1600</b>
Mon., Wed., Fri.	4:45am-6:30pm
Mon., Tues., Thur., Fri.	3:45pm-6:00pm
Wednesday	3:45pm-6:15pm
Saturday	5:30am-8:00am
Minimum practices required: 7/week.	



## MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters swimming competitions. Training is offered at MLK, KSAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com).

341575	1 day per week	12/30-4/20	\$95
341576	2 days per week	12/30-4/20	\$135
341577	3 days per week	12/30-4/20	\$175
341578	4 days per week	12/30-4/20	\$215
341579	5 days per week	12/30-4/20	\$255

## Practice Schedule

<b>GISC</b>	M, W, F Tu, Th	6:30am-7:30am 8:30pm-10:00pm
<b>KSAC</b>	Tu, Th F Su	8:30pm-10:00pm 8:30pm-9:30pm 8:00am-10:00am
<b>OSC</b>	Tu, Th Sa	8:30pm-10:00pm 7:30am-9:00am
<b>MLK</b>	M, W	8:30pm-10:00pm



## SCUBA

### Scuba Instruction

Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins, boots and weight belt) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated.

Successful completion of the course, the exam, and the 'checkout dives' will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session.

Please contact the instructor for more information. For Olney or Germantown, contact Scott at 301-610-4988 or Training@scubaadventure.org. For MLK (Silver Spring) contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions \$250

Instructor: Scott Hagedorn

341321 Olney Swim Center 2/18 M 7:00pm -10:00pm

343736 Germantown ISC 2/19 Tu 7:00pm -10:00pm

Instructor: Joseph Lodmell

343735 MLK Swim Center 2/6 W 7:00pm -10:00pm

## MAKE A SPLASH WITH SANTA

December 2nd, 12:00-4:00pm

### Olney Swim Center

Ages 10+ may use provided scuba equipment after receiving instruction. Those 9 and younger can hold their breath and swim down for a quick action shot with Santa.

Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

### Call 240-777-4995 for details.

Fee: Non-perishable food equal to \$5 or more is suggested. Cash donations are also accepted.

All contributions benefit Manna Food Center.



# SAFETY TRAINING

**MCR-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.**

## Lifeguard Training **\$195**

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check.

The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1min 40sec.

The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

## Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 2: Course 339059 January – 2013			
Pre-Course	Friday, Jan. 4	7:30pm	9:00pm
Session 1	Sunday, Jan. 6	9:30am	12:30pm
Session 2	Sunday, Jan. 6	1:00pm	4:00pm
Session 3	Wednesday, Jan. 9	6:30pm	9:30pm
Session 4	Sunday, Jan. 13	9:30am	12:30pm
Session 5	Sunday, Jan. 13	1:00pm	4:00pm
Session 6	Wednesday, Jan. 16	6:30pm	9:30pm
Session 7	Sunday, Jan. 20*	9:30am	12:30pm
Session 8	Sunday, Jan. 20*	1:00pm	4:00pm
Session 9	Wednesday, Jan. 23	6:30pm	9:30pm
Session 10	Sunday, Jan. 27*	9:30am	4:00pm

\*Tentative event @ facility. 1 of these dates will be cancelled.

LGT 3: Course 339600 March - 2013			
Pre-Course	Friday, Mar. 1	7:30pm	9:00pm
Session 1	Sunday, Mar. 3	9:30am	12:30pm
Session 2	Sunday, Mar. 3	1:00pm	4:00pm
Session 3	Wednesday, Mar. 6	6:30pm	9:30pm
Session 4	Sunday, Mar. 10	9:30am	12:30pm
Session 5	Sunday, Mar. 10	1:00pm	4:00pm
Session 6	Wednesday, Mar. 13	6:30pm	9:30pm
Session 7	Sunday, Mar. 17	9:30am	12:30pm
Session 8	Sunday, Mar. 17	1:00pm	4:00pm
Session 9	Wednesday, Mar. 20	6:30pm	9:30pm

## LGT 4: Course 339601

MCPS – Spring Break

Pre-Course	Thursday, Mar. 21	7:30pm	9:30pm
Session 1	Monday, Mar. 25	2:00pm	5:00pm
Session 2	Monday, Mar. 25	5:30pm	9:00pm
Session 3	Tuesday, Mar. 26	2:00pm	5:00pm
Session 4	Tuesday, Mar. 26	5:30pm	9:00pm
Session 5	Wednesday, Mar. 27	2:00pm	5:00pm
Session 6	Wednesday, Mar. 27	5:30pm	9:00pm
Session 7	Thursday, Mar. 28	2:00pm	5:00pm
Session 8	Thursday, Mar. 28	5:30pm	9:00pm
Session 9	Friday, Mar. 29	6:30pm	9:30pm

March– 2013

## LGT 5: Course 339602

Pre-Course	Friday, Apr. 12	7:30pm	9:00pm
Session 1	Sunday, Apr. 14	9:30am	12:30pm
Session 2	Sunday, Apr. 14	1:00pm	4:00pm
Session 3	Wednesday, Apr. 17	6:30pm	9:30pm
Session 4	Sunday, Apr. 21	9:30am	12:30pm
Session 5	Sunday, Apr. 21	1:00pm	4:00pm
Session 6	Wednesday, Apr. 24	6:30pm	9:30pm
Session 7	Sunday, Apr. 28	9:30am	12:30pm
Session 8	Sunday, Apr. 28	1:00pm	4:00pm
Session 9	Wednesday, May 1	6:30pm	9:30pm

April - 2013

## LGT 6: Course 339603

Pre-Course	Friday, June 14	7:30pm	9:30pm
Session 1	Sunday, June 16	9:30am	12:30pm
Session 2	Sunday, June 16	1:00pm	4:00pm
Session 3	Monday, June 17	2:00pm	5:00pm
Session 4	Monday, June 17	5:30pm	9:00pm
Session 5	Tuesday, June 18	2:00pm	5:00pm
Session 6	Tuesday, June 18	5:30pm	9:00pm
Session 7	Wednesday, June 19	2:00pm	5:00pm
Session 8	Wednesday, June 19	5:30pm	9:00pm
Session 9	Thursday, June 20	6:30pm	9:30pm

June – 2013

FIND US FAST ON  
YOUR SMARTPHONE





## BE A HERO!

OUR  
LIFEGUARDING  
CLASSES OFFER  
THE TRAINING  
YOU NEED TO  
BECOME A  
RED CROSS  
CERTIFIED  
LIFEGUARD.



### Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 2: Course 339053 January - 2013			
Pre-Course Friday, Jan. 4		7:30pm	9:30pm
Session 1 Sunday, Jan. 6		9:00am	12:00pm
Session 2 Sunday, Jan. 6		12:00pm	3:00pm
Session 3 Wednesday, Jan. 9		6:30pm	9:30pm
Session 4 Sunday, Jan. 13		9:00am	12:00pm
Session 5 Sunday, Jan. 13		12:00pm	3:00pm
Session 6 Wednesday, Jan. 16		6:30pm	9:30pm
Session 7 Sunday, Jan. 20		9:00am	12:00pm
Session 8 Sunday, Jan. 20		12:00pm	3:00pm
Session 9 Wednesday, Jan. 23		6:30pm	9:30pm
LGT 3: Course 339054 March - 2013			
MCPS - Spring Break			
Pre-Course Friday, Mar. 22		7:30pm	9:30pm
Session 1 Saturday, Mar. 23		8:30am	12:00pm
Session 2 Saturday, Mar. 23		12:00pm	3:00pm
Session 3 Monday, Mar. 25		8:30am	11:30am
Session 4 Monday, Mar. 25		11:30am	3:00pm
Session 5 Wednesday, Mar. 27		8:30am	11:30am
Session 6 Wednesday, Mar. 27		11:30am	3:00pm
Session 7 Thursday, Mar. 28		8:30am	11:30am
Session 8 Thursday, Mar. 28		11:30am	3:00pm
Session 9 Friday, Mar. 29		11:30am	3:00pm
LGT 4: Course 339055 March - 2013			
MCPS - Spring Break			
Pre-Course Friday, Mar. 22		7:30pm	9:30pm
Session 1 Sunday, Mar. 24		9:00am	12:00pm
Session 2 Sunday, Mar. 24		12:00pm	2:00pm
Session 3 Monday, Mar. 25		3:30pm	6:30pm
Session 4 Monday, Mar. 25		6:30pm	9:30pm
Session 5 Wednesday, Mar. 27		3:30pm	6:30pm
Session 6 Wednesday, Mar. 27		6:30pm	9:30pm
Session 7 Thursday, Mar. 28		4:00pm	6:30pm
Session 8 Thursday, Mar. 28		6:30pm	9:30pm
Session 9 Friday, Mar. 29		3:30pm	6:30pm
LGT 5: Course 339056 June - 2013			
Pre-Course Thursday, Jun. 20		7:30pm	9:30pm
Session 1 Friday, Jun. 21		9:00am	12:00pm
Session 2 Friday, Jun. 21		12:00pm	3:00pm
Session 3 Monday, Jun. 24		9:00am	12:00pm
Session 4 Monday, Jun. 24		12:00pm	3:00pm
Session 5 Tuesday, Jun. 25		9:00am	12:00pm
Session 6 Tuesday, Jun. 25		12:00pm	3:00pm
Session 7 Wednesday, Jun. 26		9:00am	12:00pm
Session 8 Wednesday, Jun. 26		12:00pm	3:00pm
Session 9 Thursday, Jun. 27		9:00am	12:00pm

### Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 2: Course 339067 Jan/Feb - 2013			
Pre-course Monday, Jan 21		7:00pm	9:30pm
Session 1 Thursday, Jan 24		6:00pm	9:30pm
Session 2 Sunday, Jan 27		9:00am	1:00pm
Session 3 Monday, Jan 28		6:00pm	9:30pm
Session 4 Thursday, Jan 31		6:00pm	9:30pm
Session 5 Sunday, Feb 3		9:00am	1:00pm
Session 6 Monday, Feb 4		6:00pm	9:30pm
Session 7 Thursday, Feb 7		6:00pm	9:30pm
Session 8 Sunday, Feb 10		9:00am	1:00pm
Session 9 Monday, Feb 11		6:00pm	9:30pm
LGT 3: Course 339068 Feb/Mar - 2013			
Pre-course Thursday, Feb 21		7:00pm	9:30pm
Session 1 Monday, Feb 25		6:00pm	9:30pm
Session 2 Thursday, Feb 28		6:00pm	9:30pm
Session 3 Sunday, Mar 3		9:00am	1:00pm
Session 4 Monday, Mar 4		6:00pm	9:30pm
Session 5 Thursday, Mar 7		6:00pm	9:30pm
Session 6 Sunday, Mar 10		9:00am	1:00pm
Session 7 Monday, Mar 11		6:00pm	9:30pm
Session 8 Thursday, Mar 14		6:00pm	9:30pm
Session 9 Sunday, Mar 17		9:00am	1:00pm
LGT 4: Course 339069 March - 2013			
MCPS Spring Break			
Pre-course Friday, Mar. 22		7:00pm	9:30pm
Session 1 Monday, Mar 25		9:00am	12:00pm
Session 2 Monday, Mar 25		12:30pm	4:00pm
Session 3 Tuesday, Mar 26		9:00am	12:00pm
Session 4 Tuesday, Mar 26		12:30pm	4:00pm
Session 5 Wednesday, Mar 27		9:00am	12:00pm
Session 6 Wednesday, Mar 27		12:30pm	4:00pm
Session 7 Thursday, Mar 28		9:00am	12:00pm
Session 8 Thursday, Mar 28		12:30pm	4:00pm
Session 9 Friday, Mar 29		9:00am	3:00pm
LGT 5: Course 339070 Apr/May - 2013			
Pre-course Monday, April 15		7:00pm	9:30pm
Session 1 Thursday, April 18		6:00pm	9:30pm
Session 2 Saturday, April 20		9:00am	12:00pm
Session 3 Saturday, April 20		12:30pm	4:00pm
Session 4 Monday, April 22		6:00pm	9:30pm
Session 5 Thursday, April 25		6:00pm	9:30pm
Session 6 Saturday, April 27		9:00am	12:00pm
Session 7 Saturday, April 27		12:30pm	4:00pm
Session 8 Monday, April 29		6:00pm	9:30pm
Session 9 Thursday, May 2		6:00pm	9:30pm



LGT 6: Course 339071			
June - 2013			
Pre-course	Friday, May 31	7:00pm	9:30pm
Session 1	Sunday, Jun. 2	9:00am	12:00pm
Session 2	Sunday, Jun. 2	12:30pm	4:00pm
Session 3	Monday, Jun. 3	6:00pm	9:30pm
Session 4	Thursday, Jun. 6	6:00pm	9:30pm
Session 5	Friday, Jun. 7	6:00pm	9:30pm
Session 6	Sunday, Jun. 9	9:00am	12:00pm
Session 7	Sunday, Jun. 9	12:30pm	4:00pm
Session 8	Monday, Jun. 10	6:00pm	9:30pm
Session 9	Thursday, Jun. 13	6:00pm	9:30pm

LGT 7: Course 339072			
June - 2013			
Pre-course	Friday, Jun 14	7:00pm	9:30pm
Session 1	Saturday, Jun. 15	9:00am	12:00pm
Session 2	Saturday, Jun. 15	12:30pm	4:00pm
Session 3	Monday, Jun. 17	9:00am	12:00pm
Session 4	Monday, Jun 17	12:30pm	4:00pm
Session 5	Tuesday, Jun. 18	9:00am	12:00pm
Session 6	Tuesday, Jun 18	12:30pm	4:00pm
Session 7	Wednesday, Jun 19	9:00am	12:00pm
Session 8	Wednesday, Jun 19	12:30pm	4:30pm
Session 9	Thursday, Jun 20	9:00am	3:00pm

### Olney Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 339074			
January - 2013			
Pre-course	Wednesday, Jan. 2	6:30pm	9:00pm
Session 1	Sunday, Jan. 6	1:00pm	5:00pm
Session 2	Wednesday, Jan. 9	6:30pm	10:00pm
Session 3	Sunday, Jan. 13	1:00pm	5:00pm
Session 4	Wednesday, Jan. 16	6:30pm	10:00pm
Session 5	Sunday, Jan. 20	1:00pm	5:00pm
Session 6	Wednesday, Jan. 23	6:30pm	10:00pm
Session 7	Sunday, Jan. 27	1:00pm	5:00pm
Session 8	Wednesday, Jan. 30	6:30pm	10:00pm
Session 9	Sunday, Feb. 3	1:00pm	5:00pm
Session 10	Wednesday, Feb. 6	6:30pm	10:00pm

LGT 2: Course 339075			
Feb/Mar - 2013			
Pre-course	Sunday, Feb. 10	2:00pm	3:30pm
Session 1	Wednesday, Feb. 13	6:30pm	10:00pm
Session 2	Sunday, Feb. 17	5:00pm	9:00pm
Session 3	Wednesday, Feb. 20	6:30pm	10:00pm
Session 4	Sunday, Feb. 24	5:00pm	9:00pm
Session 5	Wednesday, Feb. 27	6:30pm	10:00pm
Session 6	Sunday, Mar. 3	5:00pm	9:00pm
Session 7	Wednesday, Mar. 6	6:30pm	10:00pm
Session 8	Wednesday, Mar. 13	6:30pm	10:00pm
Session 9	Sunday, Mar. 17	5:00pm	9:00pm
Session 10	Wednesday, Mar. 20	6:30pm	10:00pm

LGT 3: Course 339076			
March - 2013			
MCPS Spring Break			
Pre-course	Saturday, Mar. 23	4:00pm	5:30pm
Session 1	Sunday, Mar. 24	9:00am	12:30pm
Session 2	Monday, Mar. 25	9:00am	12:30pm
Session 3	Monday, Mar. 25	1:00pm	4:30pm
Session 4	Tuesday, Mar. 26	9:00am	12:30pm
Session 5	Tuesday, Mar. 26	1:00pm	4:30pm
Session 6	Wednesday, Mar. 27	9:00am	12:30pm
Session 7	Wednesday, Mar. 27	1:00pm	4:30pm
Session 8	Thursday, Mar. 28	9:00am	12:30pm
Session 9	Thursday, Mar. 28	1:00pm	4:30pm
Session 10	Friday, Mar. 29	9:00am	1:00pm

LGT 4: Course 339077			
Apr/May - 2013			
Pre-course	Wednesday, Apr. 17	7:30pm	9:00pm
Session 1	Sunday, Apr. 21	1:30pm	4:30pm
Session 2	Sunday, Apr. 21	5:30pm	9:00pm
Session 3	Wednesday, Apr. 24	6:30pm	10:00pm
Session 4	Sunday, Apr. 28	1:30pm	4:30pm
Session 5	Sunday, Apr. 28	5:30pm	9:00pm
Session 6	Wednesday, May 1	6:30pm	10:00pm
Session 7	Sunday, May 5	1:30pm	4:30pm
Session 8	Sunday, May 5	5:30pm	9:00pm
Session 9	Wednesday, May 8	6:30pm	10:00pm
Session 10	Sunday, May 12	1:30pm	5:00pm

LGT 5: Course 339078			
June - 2013			
Pre-course	Saturday, June 15	4:00pm	5:30pm
Session 1	Sunday, June 16	9:00am	12:30pm
Session 2	Monday, June 17	9:00am	12:30pm
Session 3	Monday, June 17	1:00pm	4:00pm
Session 4	Tuesday, June 18	9:00am	12:30pm
Session 5	Tuesday, June 18	1:00pm	4:00pm
Session 6	Wednesday, June 19	9:00am	12:30pm
Session 7	Wednesday, June 19	1:00pm	4:00pm
Session 8	Thursday, June 20	9:00am	12:30pm
Session 9	Thursday, June 20	1:00pm	4:00pm
Session 10	Friday, June 21	9:00am	12:30pm

# Now Hiring Part Time Staff!

Part time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.





## POOL OPERATOR COURSE

**\$130**

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

### **MCR – Office (Theatre)**

Session	Date	Begins	Ends
Course 339092		December - 2012	
Session 1	Wednesday, Dec. 26	5:00pm	9:00pm
Session 2	Thursday, Dec. 27	5:00pm	9:00pm
Session 3	Friday, Dec. 28	5:00pm	9:00pm
Course 339093		March - 2013	
Session 1	Saturday, Mar. 2	10:00am	4:00pm
Session 2	Sunday, Mar. 3	10:00am	4:00pm
Course 339094		April - 2013	
Session 1	Monday, Apr. 1	5:00pm	9:00pm
Session 2	Tuesday, Apr. 2	5:00pm	9:00pm
Session 3	Wednesday, Apr. 3	5:00pm	9:00pm
Course 339095		May - 2013	
Session 1	Saturday, May 11	10:00am	4:00pm
Session 2	Sunday, May 12	10:00am	4:00pm
Course 339097		June - 2013	
Session 1	Tuesday, Jun. 18	5:00pm	9:00pm
Session 2	Wednesday, Jun. 19	5:00pm	9:00pm
Session 3	Thursday, Jun. 20	5:00pm	9:00pm
Course 339098		July - 2013	
Session 1	Monday, July 8	10:00am	4:00pm
Session 2	Tuesday, July 9	10:00am	4:00pm

## POOL OPERATOR REVIEW COURSE

**\$80**

### **MCR – Office (Theatre)**

Session	Date	Begins	Ends
Course 342494		December - 2013	
Session 1	Wednesday, Dec. 26	5:00pm	9:00pm
Course 339096		March - 2013	
Session 1	Saturday, Mar. 2	10:00am	2:00pm
Course 339099		May - 2013	
Session 1	Saturday, May 11	10:00am	2:00pm
Course 339100		July - 2013	
Session 1	Monday, Jul. 8	10:00am	2:00pm
Course 342495		April - 2013	
Session 1	Monday, April 1	5:00pm	9:00pm
Course 342496		June - 2013	
Session 1	Tuesday, June 18	5:00pm	9:00pm



If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used.

Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902. To learn more about FOR, call 240-777-4920 or check our webpage at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec).



Follow  
@mocrecrec  
on Twitter



Like  
Montgomery  
County  
Recreation  
on Facebook

## DIVING

Montgomery Dive Club (MDC) is an advanced age-group competitive program offered at GISC, MLK, KSAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC. Additional fees will be charged for insurance and team meet fees. For further information visit [montgomerydiveclub.org](http://montgomerydiveclub.org) or email [MDCBeavers@gmail.com](mailto:MDCBeavers@gmail.com).

### Diving High School

High School Diving. Work with a professional coach and set your sites on making the team, qualifying for Regionals, or capturing a top spot at Metros. This program has been tailored to meet the needs of High School divers, focusing on developing a competitive diving list from the one-meter springboard. Each practice is 90 minutes.

12 Sessions \$260

Instructor: Doug Beavers

343203	Germantown ISC	1/2	W	8:30pm - 10:00pm
343201	Kennedy Shriver AqCtr	1/3	Th	8:00pm - 9:30pm
343200	Kennedy Shriver AqCtr	1/7	M	8:00pm - 9:30pm
343202	Germantown ISC	1/7	M	8:30pm - 10:00pm

### Diving Springs Lessons

Springs Lessons: These 45-minute Lessons are recommended for absolute beginners, divers age 5-12, and children with diagnosed attentional issues. Participants should be comfortable swimming in deep water, and should be able to dive in head first. Classes emphasize safe basic diving, and tumbling skills. Participants at our MAC, GISC and MLK locations will also learn basic trampoline skills. Please register for the appropriate age level.

12 Sessions \$135

Instructor: Doug Beavers

343209	Olney Swim Center	1/2	W	5:00pm - 5:45pm
343211	Germantown ISC	1/3	Th	4:00pm - 4:45pm
343212	Germantown ISC	1/3	Th	4:45pm - 5:30pm
343216	Kennedy Shriver AqCtr	1/3	Th	4:00pm - 4:45pm
343217	Kennedy Shriver AqCtr	1/3	Th	4:45pm - 5:30pm
343210	MLK Swim Center	1/6	Su	10:30am - 11:15am
343213	MLK Swim Center	1/6	Su	11:15am - 12:00pm
343208	Olney Swim Center	1/7	M	5:00pm - 5:45pm
343206	Germantown ISC	1/8	Tu	4:00pm - 4:45pm
343207	Germantown ISC	1/8	Tu	4:45pm - 5:30pm
343214	Kennedy Shriver AqCtr	1/8	Tu	4:00pm - 4:45pm
343215	Kennedy Shriver AqCtr	1/8	Tu	4:45pm - 5:30pm

FIND US FAST ON  
YOUR SMARTPHONE



### Diving Masters

Masters Diving Think diving is over just because you graduated from college, had a few kids, or retired from your day job? Not at all! Divers all over the world enjoy the sport of diving throughout their entire lives. MDC offers programs for former divers who aren't content to hang up that Speedo quite yet. Each practice is 90 minutes.

12 Sessions \$260

Instructor: Doug Beavers

343205	Kennedy Shriver AqCtr	1/3	Th	8:00pm - 9:30pm
343204	Kennedy Shriver AqCtr	1/7	M	8:00pm - 9:30pm

### Diving Springs Team (Open)

This program is for young divers with experience in summer league competition and high school divers who want to learn three meter and platform skills. The Springs Team introduces new, more advanced skills, greater use of dry-land training, as well as strength, flexibility and conditioning. All practices are 90 minutes long. Optional competitions in and around the National Capitol Area will be offered to those who are interested. Offered in a two, three or four day per week program.

12 Sessions \$260

Instructor: Doug Beavers

343250	Germantown ISC	1/2	W	1:00pm - 2:30pm
343251	Kennedy Shriver AqCtr	1/2	W	4:00pm - 5:30pm
343256	Kennedy Shriver AqCtr	1/2	W	6:00pm - 7:30pm
343260	Olney Swim Center	1/2	W	5:45pm - 7:15pm
343266	Germantown ISC	1/2	W	5:30pm - 7:00pm
343267	Germantown ISC	1/2	W	4:00pm - 5:30pm
343252	Kennedy Shriver AqCtr	1/3	Th	6:00pm - 7:30pm
346258	MLK Swim Center	1/3	W	7:00pm - 8:30pm
343255	MLK Swim Center	1/3	Th	5:30pm - 7:00pm
343261	Kennedy Shriver AqCtr	1/3	Th	4:00pm - 5:30pm
343253	Kennedy Shriver AqCtr	1/4	F	4:00pm - 5:30pm
343257	Kennedy Shriver AqCtr	1/4	F	6:00pm - 7:30pm
343264	Germantown ISC	1/4	F	1:00pm - 2:30pm
343268	Germantown ISC	1/4	Th	5:30pm - 7:00pm
343269	Germantown ISC	1/4	F	4:00pm - 5:30pm
343270	Germantown ISC	1/4	F	5:30pm - 7:00pm
343258	MLK Swim Center	1/5	Sa	7:00pm - 8:30pm
346256	Kennedy Shriver AqCtr	1/6	Su	8:30pm - 10:00pm
343262	MLK Swim Center	1/6	Su	9:00am - 10:30am
346257	MLK Swim Center	1/7	M	7:00pm - 8:30pm
343244	Germantown ISC	1/7	M	4:00pm - 5:30pm
343245	Kennedy Shriver AqCtr	1/7	M	4:00pm - 5:30pm
343246	Kennedy Shriver AqCtr	1/7	M	6:00pm - 7:30pm
343259	Olney Swim Center	1/7	M	5:45pm - 7:15pm
343265	Germantown ISC	1/7	M	1:00pm - 2:30pm
343263	Germantown ISC	1/7	M	5:30pm - 7:00pm
343247	Kennedy Shriver AqCtr	1/8	Tu	6:00pm - 7:30pm
343248	Kennedy Shriver AqCtr	1/8	Tu	4:00pm - 5:30pm
343249	MLK Swim Center	1/8	Tu	5:30pm - 7:00pm
343254	Germantown ISC	1/8	Tu	5:30pm - 7:00pm





# Swim Lessons

Swim Lesson  
Registration will begin

**December 12th  
at 6:30am**

for Residents

**December 13th at 6:30am**  
for Non-Residents

No registrations will be processed  
before this time.

Indoor courses meet for six 30-minute sessions. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

## WAYS TO REGISTER FOR SWIM LESSONS



**RECWEB** Online registration at [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov). Internet users must pay their account in full. Online registration is recommended. Please create your account by December 1.



**WALK IN AT AQUATIC FACILITIES** Registrations can be processed at any of our pools.

### **Please note the following:**

Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas ONLY. At Some facilities, clear observation may not be possible. Observation at the MLK pool is not possible.

The fee covers only the lessons and no other use of the facility.

Participants may enter the locker rooms only 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

Withdrawal policies will be STRICTLY followed and applies to class transfers.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

**PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON  
SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS.  
LESSONS WILL BE HELD ON ALL OTHER DAYS THE  
FACILITY IS OPEN.**

**PLEASE REGISTER ACCORDINGLY. THERE ARE NO  
MAKE-UPS OR REFUNDS FOR MISSED CLASSES.**

Screening is available to  
evaluate the student's  
abilities at each pool.  
Call the pool of your choice and  
speak to the Lesson Supervisor  
for evaluation times  
(bring a suit and towel).

# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

(Ages 6 mo – 18 mo)

Aquatots (Ages 18 mo – 3yr)

Pre-School (Ages 3yr – 5yr)

### Class Requirements:

On the first day of class, students must be able to:  
Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained

### Class Objectives:

Parent-assisted water orientation classes. Children will learn basic water adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

## Level 1

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to:  
Function well in a group setting without parents since parents DO NOT accompany children.

### Class Objectives:

Students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

## Level 2

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to:  
Enter water, front and back float, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.

### Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.

## Level 3

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to:  
Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.

### Class Objectives:

Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.

## Level 4

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to:  
Back crawl, elementary backstroke kick, treading water and rhythmic breathing and a proficient front crawl.

### Class Objectives:

Students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.

## Level 5

Youth (Ages 7 – 13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to:  
Elementary backstroke and breaststroke and highly proficient front crawl.

### Class Objectives:

Students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

## Level 6

Youth (Ages 7 – 13)

Adult (Ages 14+)

### Class Requirements:

On the first day of class, students must be able to:  
Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)

### Class Objectives:

Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.



## WATERBABIES

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate waterproof pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

### ***Germantown Indoor Swim Center***

343617	1/5	Sa	10:25am -10:55am
343618	1/13	Su	9:45am -10:15am

### ***Kennedy Shriver Aquatic Center***

342038	1/5	Sa	10:20am -10:50am
342039	1/5	Sa	11:40am -12:10pm
342040	1/6	Su	9:40am -10:10am
342041	1/6	Su	11:40am -12:10pm
342042	1/7	M	9:00am - 9:30am
342043	1/10	Th	9:00am - 9:30am

### ***Martin Luther King, Jr. Swim Center***

341672	1/6	Su	10:00am -10:30am
341673	1/6	Tu	10:40am -11:10am
341674	1/8	Tu	9:30am -10:00am
341675	1/8	Tu	4:30pm - 5:00pm

### ***Olney Swim Center***

341295	1/5	Sa	11:30am -12:00pm
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## AQUATOTS

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

### ***Germantown Indoor Swim Center***

343560	1/5	Sa	11:45am -12:15pm
343561	1/5	Sa	12:25pm -12:55pm
343564	1/9	W	6:10pm - 6:40pm
343562	1/13	Su	11:05am -11:35am
343563	1/13	Su	12:25pm -12:55pm

### ***Kennedy Shriver Aquatic Center***

342026	1/5	Sa	9:00am - 9:30am
342027	1/5	Sa	12:20pm -12:50pm
342028	1/6	Su	9:00am - 9:30am
342029	1/6	Su	11:00am -11:30am
342030	1/7	M	10:00am -10:30am
342031	1/8	Tu	9:00am - 9:30am
342032	1/8	Tu	10:00am -10:30am
342033	1/9	W	9:00am - 9:30am
342034	1/9	W	6:10pm - 6:40pm
342035	1/10	Th	10:00am -10:30am
342036	1/10	Th	5:30pm - 6:00pm
342037	1/11	F	9:00am - 9:30am

### ***Martin Luther King, Jr. Swim Center***

341633	1/6	Su	11:20am -11:50am
341636	1/7	M	5:10pm - 5:40pm
341635	1/8	Tu	10:10am -10:40am
341634	1/10	Th	5:10pm - 5:40pm

### ***Olney Swim Center***

341224	1/5	Sa	10:10am -10:40am
341225	1/6	Su	10:10am -10:40am
341226	1/8	Tu	5:55pm - 6:25pm
341227	1/10	Th	5:15pm - 5:45pm



## ***Do We Have Your E-Mail?***

In an effort to reduce waste, MCR will no longer be mailing flyers or receipts. We will be happy to send you the most up-to-date information via e-mail.

Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) for more information.

## PRE-SCHOOL

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained **MUST** wear separate waterproof pants. An adult in a swim suit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

### ***Germantown Indoor Swim Center***

343612	1/5	Sa	11:05am -11:35am
343613	1/5	Sa	1:05pm - 1:35pm
343616	1/9	W	5:30pm - 6:00pm
343614	1/13	Su	10:25am -10:55am
343615	1/13	Su	11:45am -12:15pm

### ***Kennedy Shriver Aquatic Center***

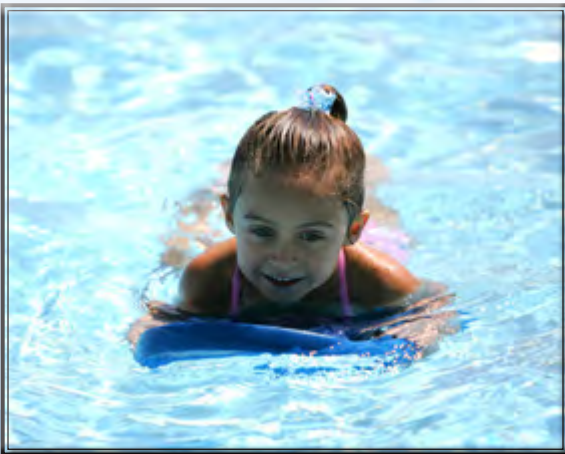
342048	1/5	Sa	11:00am -11:30am
342049	1/5	Sa	1:00pm - 1:30pm
342050	1/6	Su	10:20am -10:50am
342051	1/6	Su	1:00pm - 1:30pm
342052	1/8	Tu	3:30pm - 4:00pm
342053	1/8	Tu	6:10pm - 6:40pm
342054	1/10	Th	9:30am -10:00am
342055	1/10	Th	10:30am -11:00am

### ***Martin Luther King, Jr. Swim Center***

341668	1/6	Su	12:00pm -12:30pm
341669	1/7	M	5:50pm - 6:20pm
341670	1/9	W	5:50pm - 6:20pm
341671	1/10	Th	9:30am -10:00am

### ***Olney Swim Center***

341287	1/5	Sa	9:30am -10:00am
341288	1/5	Sa	10:50am -11:20am
341289	1/6	Su	9:30am -10:00am
341290	1/6	Su	10:50am -11:20am
341291	1/8	Tu	6:30pm - 7:00pm
341294	1/8	Tu	5:15pm - 5:45pm
341293	1/9	W	6:20pm - 6:50pm
341292	1/10	Th	5:55pm - 6:25pm



## PRE-BEGINNER LEVEL 1

Designed for children 4-6 years old. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59

### ***Germantown Indoor Swim Center***

343565	1/5	Sa	9:45am -10:15am
343566	1/5	Sa	11:05am -11:35am
343567	1/5	Sa	11:45am -12:15pm
343568	1/5	Sa	12:25pm -12:55pm
343569	1/5	Sa	1:05pm - 1:35pm
343574	1/7	M	5:30pm - 6:00pm
343575	1/9	W	5:30pm - 6:00pm
343570	1/13	Su	11:45am -12:15pm
343571	1/13	Su	12:25pm -12:55pm
343572	1/13	Su	10:25am -10:55am
343573	1/13	Su	11:05am -11:35am
343576	1/15	Tu, Th	4:50pm - 5:20pm
343577	1/15	Tu, Th	4:50pm - 5:20pm
343578	1/15	Tu, Th	4:50pm - 5:20pm
343579	2/12	Tu, Th	6:10pm - 6:40pm
343580	2/12	Tu, Th	6:10pm - 6:40pm
343581	2/12	Tu, Th	6:10pm - 6:40pm

### ***Kennedy Shriver Aquatic Center***

342056	1/5	Sa	9:00am - 9:30am
342057	1/5	Sa	9:40am -10:10am
342058	1/5	Sa	10:20am -10:50am
342059	1/5	Sa	1:00pm - 1:30pm
343044	1/5	Sa	9:00am - 9:30am
342060	1/6	Su	9:00am - 9:30am
342061	1/6	Su	10:20am -10:50am
342062	1/6	Su	12:20pm -12:50pm
342063	1/6	Su	1:00pm - 1:30pm
342064	1/7	M	9:30am -10:00am
342065	1/7	M	6:10pm - 6:40pm
342066	1/8	Tu	6:10pm - 6:40pm
342068	1/9	W	9:30am -10:00am
342067	1/10	Th	3:30pm - 4:00pm
342069	1/10	Th	5:30pm - 6:00pm
342070	1/11	F	10:00am -10:30am

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YOUR SMARTPHONE





## PRE-BEGINNER LEVEL 1 CONTINUED

### *Martin Luther King, Jr. Swim Center*

338850	1/6	Su	10:40am - 11:10am
338851	1/6	Su	11:20pm - 11:50pm
338862	1/6	Su	10:00am - 10:30am
338852	1/7	M	4:30pm - 5:00pm
338854	1/8	Tu	4:30pm - 5:00pm
338855	1/8	Tu	5:10pm - 5:40pm
338856	1/8	Tu	5:50pm - 6:20pm
338853	1/9	W	4:30pm - 5:00pm
338857	1/9	W	5:10pm - 5:40pm
338858	1/9	W	5:50pm - 6:20pm
338859	1/10	Th	4:30pm - 5:00pm
338860	1/10	Th	5:10pm - 5:40pm
338861	1/10	Th	6:30pm - 7:00pm

### *Olney Swim Center*

341236	1/5	Sa	9:30am - 10:00am
341237	1/5	Sa	10:10am - 10:40am
341238	1/5	Sa	10:50am - 11:20am
341239	1/5	Sa	11:30am - 12:00pm
341240	1/5	Sa	12:10pm - 12:40pm
341241	1/5	Sa	12:50pm - 1:20pm
341242	1/6	Su	9:30am - 10:00am
341243	1/6	Su	9:30am - 10:00am
341244	1/6	Su	10:10am - 10:40am
341245	1/6	Su	10:50am - 11:20am
341246	1/6	Su	11:30am - 12:00pm
341247	1/6	Su	11:30am - 12:00pm
341254	1/7	M	6:20pm - 6:50pm
341256	1/7	M	7:00pm - 7:30pm
341248	1/8	Tu	5:55pm - 6:25pm
341249	1/8	Tu	5:55pm - 6:25pm
341250	1/8	Tu	6:30pm - 7:00pm
341251	1/8	Tu	6:30pm - 7:00pm
341257	1/8	Tu	5:15pm - 5:45pm
341255	1/9	W	6:20pm - 6:50pm
341252	1/10	Th	5:55pm - 6:25pm
341253	1/10	Th	6:30pm - 7:00pm

## PRE-BEGINNER LEVEL 2

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained **MUST** wear separate waterproof pants. An adult in a swim suit must accompany **EACH** student in the water. Class size is limited to 5 parent/child registrations.

6 Sessions

\$57

### *Germantown Indoor Swim Center*

343582	1/5	Sa	9:45am - 10:15am
343583	1/5	Sa	10:25am - 10:55am
343584	1/5	Sa	11:45am - 12:15pm
343590	1/7	M	6:10pm - 6:40pm
343591	1/9	W	6:10pm - 6:40pm
343585	1/13	Su	9:45am - 10:15am
343586	1/13	Su	10:25am - 10:55am
343587	1/13	Su	11:05am - 11:35am
343588	1/13	Su	11:45am - 12:15pm
343589	1/13	Su	12:25pm - 12:55pm
343592	1/15	Tu, Th	6:10pm - 6:40pm
343593	1/15	Tu, Th	6:10pm - 6:40pm
343594	1/15	Tu, Th	6:10pm - 6:40pm
343595	2/12	Tu, Th	4:50pm - 5:20pm
343596	2/12	Tu, Th	4:50pm - 5:20pm
343597	2/12	Tu, Th	4:50pm - 5:20pm

### *Kennedy Shriver Aquatic Center*

342075	1/5	Sa	9:00am - 9:30am
342077	1/5	Sa	9:40am - 10:10am
342078	1/5	Sa	11:40am - 12:10pm
342079	1/5	Sa	12:20pm - 12:50pm
342080	1/6	Su	9:00am - 9:30am
342081	1/6	Su	9:40am - 10:10am
342082	1/6	Su	11:40am - 12:10pm
342083	1/6	Su	12:20pm - 12:50pm
343045	1/6	Su	9:00am - 9:30am
342084	1/7	M	5:30pm - 6:00pm
342085	1/8	Tu	9:30am - 10:00am
342086	1/8	Tu	5:30pm - 6:00pm
342087	1/9	W	5:30pm - 6:00pm
342089	1/10	Th	4:10pm - 4:40pm
342088	1/11	F	9:30am - 10:00am

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**Martin Luther King, Jr. Swim Center**

341650	1/6	Su	9:15am - 9:45am
341651	1/6	Su	10:40am - 11:10am
341652	1/6	Su	11:20am - 11:50am
341653	1/6	Su	12:00pm - 12:30pm
341654	1/7	M	4:30pm - 5:00pm
341655	1/7	M	5:10pm - 5:40pm
341656	1/7	M	5:50pm - 6:20pm
341657	1/8	Tu	5:10pm - 5:40pm
341660	1/9	W	5:10pm - 5:40pm
341658	1/10	Th	10:10am - 10:40am
341659	1/10	Th	5:50pm - 6:20pm

**Olney Swim Center**

341258	1/5	Sa	9:30am - 10:00am
341259	1/5	Sa	10:10am - 10:40am
341260	1/5	Sa	10:50am - 11:20am
341261	1/5	Sa	12:10pm - 12:40pm
341262	1/5	Sa	12:50pm - 1:20pm
341263	1/6	Su	9:30am - 10:00am
341264	1/6	Su	10:10am - 10:40am
341265	1/6	Su	10:50am - 11:20am
341266	1/6	Su	11:30am - 12:00pm
341270	1/7	M	6:20pm - 6:50pm
341272	1/7	M	7:30pm - 8:00pm
341267	1/8	Tu	5:55pm - 6:25pm
341268	1/8	Tu	6:30pm - 7:00pm
341271	1/9	W	7:00pm - 7:30pm
341274	1/9	W	6:20pm - 6:50pm
341269	1/10	Th	5:55pm - 6:25pm
341273	1/10	Th	5:15pm - 5:40pm

**PRE-BEGINNER  
LEVEL 3**

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions

\$57

**Germantown Indoor Swim Center**

343598	1/5	Sa	9:45am - 10:15am
343599	1/5	Sa	10:25am - 10:55am
343600	1/5	Sa	12:25pm - 12:55pm
343604	1/7	M	5:30pm - 6:00pm
343601	1/13	Su	11:05am - 11:35am
343602	1/13	Su	11:45am - 12:15pm
343603	1/13	Su	12:25pm - 12:55pm
343605	1/15	Tu, Th	5:30pm - 6:00pm
343606	1/15	Tu, Th	5:30pm - 6:00pm
343607	2/12	Tu, Th	5:30pm - 6:00pm
343608	2/12	Tu, Th	5:30pm - 6:00pm

**Kennedy Shriver Aquatic Center**

342090	1/5	Sa	11:00am - 11:30am
342091	1/5	Sa	11:40am - 12:10pm
342092	1/5	Sa	1:00pm - 1:30pm
342093	1/6	Su	9:40am - 10:10am
342094	1/6	Su	10:20am - 10:50am
342095	1/6	Su	11:00am - 11:30am
342096	1/6	Su	1:00pm - 1:30pm
343046	1/6	Su	9:40am - 10:10am
342097	1/7	M	5:30pm - 6:00pm
342098	1/8	Tu	4:10pm - 4:40pm
342099	1/9	W	5:30pm - 6:00pm
342100	1/9	W	6:10pm - 6:40pm
342102	1/10	Th	6:10pm - 6:40pm
342103	1/10	Th	4:50pm - 5:20pm
342101	1/11	F	10:30am - 11:00am

*"I've  
recommended  
your  
swim lessons  
to all my  
friends!"*

-Judy M.

**ADAPTED AQUATICS**

6 Sessions

\$55

341995	Kennedy Shriver Aq Ctr	1/5	Sa	9:45am - 10:25am
341996	Kennedy Shriver Aq Ctr	1/5	Sa	10:35am - 11:15am

This is a learn-to-swim program for children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.



## PRE-BEGINNER LEVEL 3 CONTINUED

### *Martin Luther King, Jr. Swim Center*

341661	1/6	Su	10:00am - 10:30am
341662	1/6	Su	11:20am - 11:50am
341663	1/8	Tu	6:30pm - 7:00pm
341664	1/9	W	4:30pm - 5:00pm

### *Olney Swim Center*

341275	1/5	Sa	10:10am - 10:40am
341276	1/5	Sa	11:30am - 12:00pm
341277	1/5	Sa	12:50pm - 1:20pm
341278	1/6	Su	9:30am - 10:00am
341279	1/6	Su	10:10am - 10:40am
341280	1/6	Su	11:30am - 12:00pm
341281	1/7	M	7:00pm - 7:30pm
341282	1/9	W	7:30pm - 8:00pm

## PRE-BEGINNER LEVEL 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

### *Germantown Indoor Swim Center*

343609	1/5	Sa	11:05am - 11:35am
343610	1/5	Sa	9:45am - 10:15am
343611	1/13	Su	11:05am - 11:35am
346255	1/13	Su	11:05am - 11:35am

### *Kennedy Shriver Aquatic Center*

342071	1/5	Sa	11:00am - 11:30am
342072	1/5	Sa	12:20pm - 12:50pm
342073	1/6	Su	11:00am - 11:30am
342074	1/6	Su	11:40am - 12:10pm
342076	1/10	Th	6:10pm - 6:40pm

### *Martin Luther King, Jr. Swim Center*

341665	1/6	Su	10:00am - 10:30am
341666	1/10	Th	4:30pm - 5:00pm
341667	1/10	Th	6:30pm - 7:00pm

### *Olney Swim Center*

341283	1/5	Sa	9:30am - 10:00am
341286	1/5	Sa	12:10pm - 12:40pm
341284	1/6	Su	10:50am - 11:20am
341285	1/9	W	7:00pm - 7:30pm

## YOUTH LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

### *Germantown Indoor Swim Center*

343619	1/5	Sa	10:25am - 10:55am
343620	1/5	Sa	1:05pm - 1:35pm
343622	1/7	M	6:10pm - 6:40pm
343621	1/13	Su	10:25am - 10:55am
343623	1/15	Tu, Th	5:30pm - 6:00pm

### *Kennedy Shriver Aquatic Center*

342021	1/5	Sa	1:00pm - 1:30pm
342022	1/6	Su	9:40am - 10:10am
342023	1/7	M	6:10pm - 6:40pm

### *Martin Luther King, Jr. Swim Center*

340466	1/6	Su	10:00am - 10:30am
340469	1/6	Su	9:15am - 9:45am
340467	1/8	Tu	6:30pm - 7:00pm
340468	1/10	Th	5:50pm - 6:20pm

### *Olney Swim Center*

341296	1/5	Sa	12:50pm - 1:20pm
341300	1/5	Sa	10:10am - 10:40am
341298	1/7	M	6:20pm - 6:50pm
341299	1/8	Tu	5:15pm - 5:45am
341297	1/10	Th	6:30pm - 7:00pm

## YOUTH LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

### *Germantown Indoor Swim Center*

343624	1/5	Sa	12:25pm - 12:55pm
343625	1/5	Sa	1:05pm - 1:35pm
343628	1/9	W	5:30pm - 6:00pm
343626	1/13	Su	9:45am - 10:15am
343627	1/13	Su	11:45am - 12:15pm
343629	2/12	Tu, Th	5:30pm - 6:00pm

**Kennedy Shriver Aquatic Center**

342014	1/5	Sa	10:20am - 10:50am
342015	1/5	Sa	12:20pm - 12:50pm
342016	1/6	Su	11:40am - 12:10pm
342017	1/6	Su	12:20pm - 12:50pm
342018	1/8	Tu	5:30pm - 6:00pm

**Martin Luther King, Jr. Swim Center**

341676	1/6	Su	11:20am - 11:50am
341677	1/6	Su	12:00pm - 12:30pm
341678	1/8	Tu	5:50pm - 6:20pm
341679	1/8	Tu	7:50pm - 8:20pm
341680	1/10	Th	7:50pm - 8:20pm

**Olney Swim Center**

341301	1/5	Sa	10:50am - 11:20am
341302	1/6	Su	9:30am - 10:00am
341303	1/9	W	7:30pm - 8:00pm
341305	1/10	Th	5:15pm - 5:45pm

**YOUTH LEVEL 3**

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

**Germantown Indoor Swim Center**

343630	1/5	Sa	11:05am - 11:35am
343633	1/9	W	6:10pm - 6:40pm
343631	1/13	Su	10:25am - 10:55am
343632	1/13	Su	11:45am - 12:15pm

**Kennedy Shriver Aquatic Center**

342009	1/5	Sa	9:40am - 10:10am
342010	1/5	Sa	11:00am - 11:30am
342011	1/5	Sa	11:40am - 12:10pm
342012	1/6	Su	10:20am - 10:50am
342013	1/6	Su	11:00am - 11:30am

**Martin Luther King, Jr. Swim Center**

341681	1/6	Su	10:40am - 11:10am
341682	1/6	Su	12:00pm - 12:30pm
341683	1/8	Tu	7:10pm - 7:40pm
341684	1/10	Th	7:10pm - 7:40pm
341685	1/10	Th	7:50pm - 8:20pm

**Olney Swim Center**

341306	1/5	Sa	11:30am - 12:00pm
341307	1/6	Su	10:10am - 10:40am
341309	1/7	M	7:00pm - 7:30pm
341308	1/9	W	7:00pm - 7:30pm

**YOUTH LEVEL 4**

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

**Germantown Indoor Swim Center**

343634	1/5	Sa	12:25pm - 12:55pm
343635	1/13	Su	11:05am - 11:35am
343636	1/13	Su	12:25pm - 12:55pm

**Kennedy Shriver Aquatic Center**

342004	1/5	Sa	11:40am - 12:10am
342007	1/6	Su	1:00pm - 1:30pm
342006	1/6	Su	12:20pm - 12:50pm
342005	1/6	Su	11:00am - 11:30am

**Martin Luther King, Jr. Swim Center**

341686	1/6	Su	12:00pm - 12:30pm
341687	1/6	Su	10:40am - 11:10am
341688	1/8	Tu	1:00pm - 1:30pm

**Olney Swim Center**

341310	1/5	Sa	12:10pm - 12:40pm
341311	1/6	Su	10:10am - 10:40am
341312	1/6	Su	10:50am - 11:20am
341313	1/9	W	7:30pm - 8:00pm
341314	1/7	M	7:30pm - 8:00pm





## YOUTH LEVEL 5

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

### **Germantown Indoor Swim Center**

343637	1/5	Sa	11:45am -12:15pm
343638	1/13	Su	11:05am -11:35am

### **Kennedy Shriver Aquatic Center**

342002	1/5	Sa	1:00pm - 1:30pm
342003	1/6	Su	1:00pm - 1:30pm

### **Martin Luther King, Jr. Swim Center**

341689	1/6	Su	10:00am -10:30am
341690	1/8	Tu	7:10pm - 7:40pm

### **Olney Swim Center**

341318	1/5	Sa	9:30am -10:00am
341315	1/6	Su	10:50am -11:20am
341316	1/6	Su	11:30am -12:00pm
341317	1/7	M	7:30pm - 8:00pm

## YOUTH LEVEL 6

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

### **Germantown Indoor Swim Center**

343639	1/5	Sa	1:05pm - 1:35pm
343640	1/13	Su	9:45am -10:15am

### **Kennedy Shriver Aquatic Center**

341997	1/5	Sa	12:20pm -12:50pm
341998	1/6	Su	12:20pm -12:50pm

### **Martin Luther King, Jr. Swim Center**

341691	1/6	Su	11:20am -11:50am
341692	1/10	Th	7:10pm - 7:40pm

### **Olney Swim Center**

341320	1/5	Sa	12:50pm - 1:20pm
341319	1/6	Su	11:30am -12:00pm

## ADULT LEVEL 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

### **Germantown Indoor Swim Center**

343549	1/5	Sa	11:05am -11:35am
343551	1/7	M	5:30pm - 6:00pm
343550	1/13	Su	10:25am -10:55am

### **Kennedy Shriver Aquatic Center**

342000	1/5	Sa	11:00am -11:30am
342001	1/6	Su	10:20am -10:50am
341999	1/10	Th	8:30pm - 9:00pm

### **Martin Luther King, Jr. Swim Center**

341627	1/6	Su	12:00pm -12:30pm
341628	1/10	Th	8:30pm - 9:00pm

### **Olney Swim Center**

341228	1/10	Th	6:30pm - 7:00pm
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## ADULT LEVEL 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

### **Germantown Indoor Swim Center**

343553	1/5	Sa	10:25am -10:55am
343555	1/7	M	6:10pm - 6:40pm
343554	1/13	Su	9:45am -10:15am

### **Kennedy Shriver Aquatic Center**

342994	1/5	Sa	10:20am -10:50am
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### **Martin Luther King, Jr. Swim Center**

341629	1/6	Su	10:40am -11:10am
341630	1/8	Tu	8:30pm - 9:00pm

### **Olney Swim Center**

341229	1/5	Sa	12:10pm -12:40pm
341230	1/8	Tu	7:10pm - 7:40pm



## ADULT LEVEL 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

### ***Germantown Indoor Swim Center***

343556	1/5	Sa	9:45am - 10:15am
343557	1/13	Su	12:25pm - 12:55pm

### ***Kennedy Shriver Aquatic Center***

342008	1/5	Sa	9:40am - 10:10am
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### ***Martin Luther King, Jr. Swim Center***

341631	1/8	Tu	8:30pm - 9:00pm
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### ***Olney Swim Center***

341231	1/5	Sa	11:30am - 12:00pm
341232	1/10	Th	7:10pm - 7:40pm

## ADULT LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

### ***Germantown Indoor Swim Center***

343558	1/5	Sa	11:45am - 12:15pm
343559	1/13	Su	11:45am - 12:15pm

### ***Kennedy Shriver Aquatic Center***

342019	1/6	Su	11:40am - 12:10pm
342020	1/8	Tu	8:30pm - 9:00pm

### ***Martin Luther King, Jr. Swim Center***

341632	1/10	Th	8:30pm - 9:00pm
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### ***Olney Swim Center***

341233	1/5	Sa	10:50am - 11:20am
341234	1/10	Th	7:45pm - 8:15pm

## ADULT LEVEL 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

### ***Kennedy Shriver Aquatic Center***

342024	1/9	W	8:30pm - 9:00pm
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### ***Olney Swim Center***

341235	1/8	Tu	7:45pm - 8:15pm
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## ADULT SWIM FOR CONDITIONING 1

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

### ***Kennedy Shriver Aquatic Center***

341994	1/7	M	8:30pm - 9:00pm
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## ADULT SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

### ***Kennedy Shriver Aquatic Center***

342025	1/7	M	8:30pm - 9:00pm
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# *Classes* **CLASSES**

**CLASSES WILL NOT MEET ON  
DECEMBER 24 • DECEMBER 25  
JANUARY 1 • JANUARY 21  
FEBRUARY 18**

# WINTER BREAK

## ***Coach Doug Club Holiday***

Ages 3-13: Ages 3 -5 Half Day, Ages 5 -13 Full Day. Your Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to hang out with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, kickball and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

3 Sessions \$113

Instructor: Coach Doug Academy, Inc

336992 Cabin John MS 12/26 W-F 9:30am - 3:30pm

3 Sessions \$60

Instructor: Coach Doug Academy, Inc

336991 Cabin John MS 12/26 W-F 9:30Am -12:30pm

## ***Coach Doug Club Holiday Extended Day***

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

3 Sessions \$20

Instructor: Coach Doug Academy, Inc

337025 Cabin John MS 12/26 W-F 3:30pm - 6:00pm

337477 Cabin John MS 12/26 W-F 7:00am - 9:30am

## ***Karate Clinics Winter Break***

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$35, payable to TKA.

4 Sessions \$53

Instructor: TKA, Inc.

337428 Bauer Drive CC 12/26 W-M 9:00am -11:30am

## ***"When's the Guide Available?"***

### **Summer Camps 2013**

January 12, 2013

Registration begins January 22, 2013

### **Spring 2013**

February 11, 2013

Registration begins February 1, 2013

### **Summer 2013**

May 13, 2013

Registration begins May 3, 2013

### **Fall 2013**

August 12, 2013

Registration begins August 2, 2013

### **Winter 2013/2014**

November 11, 2013

Registration begins November 1, 2013



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# ARTS & CRAFTS

## YOUTH

### Adventures in Art

Ages 5-11: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

6 Sessions \$54  
Instructor: Tatiana Martin  
338336 Longwood CC 1/19 Sa 10:15am - 11:15am

### Art Studio

Ages 7-12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

6 Sessions \$54  
Instructor: Tatiana Martin  
338338 Longwood CC 1/19 Sa 2:00pm - 3:00pm

### Cartooning with Young Rembrandts

Ages 6-12: Learning to draw can be great fun especially when creating silly characters, funny expressions, and sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor.

6 Sessions \$80  
Instructor: Jacqueline Neidinger - Young Rembrandts  
338618 Wheaton CC 1/14 M 6:30pm - 7:30pm  
338620 Potomac CC 1/22 Tu 4:45pm - 5:45pm  
338619 Germantown CC 1/23 W 5:00pm - 6:00pm

### Art with Storytelling

Ages 6-9: Develop your child's imagination and listening skills in Art with Storytelling. This class will help your child to 'take a moment' and listen while transporting them along the imaginative journey of the world of art. A most creative way to acquire multi-tasking skills so necessary for their future success, while listening to great kid's stories on a 20 minute CD and working in paper-mache, oozy polymer clay, acrylics and potter's clay. There is a \$20 materials fee that will be due to the instructor at the first class.

5 Sessions \$55  
Instructor: Rowena Bowman  
344341 Wisconsin Place CC 1/5 Sa 11:30am - 12:30pm  
344359 Wisconsin Place CC 2/16 Sa 11:30am - 12:30pm

### Draw And Clay

Ages 4-9: January class will work on big birds: ostriches, emus, flamingos. We will learn more about these birds, their anatomy and their habitat. Your child will sculpt their big bird as well as create a painting which shows the bird in its natural habitat. February class will work on grizzly bears. In this class we will study grizzly bears and their natural habitat. We will draw, paint, and sculpt out projects. \$10 material fee due to instructor for session class.

4 Sessions \$40  
Instructor: Yolanda Prinsloo  
344403 Germantown CC 1/8 Tu 5:30pm - 6:30pm  
344401 Bauer Drive CC 1/9 W 5:30pm - 6:30pm  
344404 Germantown CC 2/5 Tu 5:30pm - 6:30pm  
344402 Bauer Drive CC 2/6 W 5:30pm - 6:30pm

### Drawing Made Easy

Ages 5-9: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning - this class fills quickly! \$10 material fee due to instructor at first class.

8 Sessions \$72  
Instructor: Pyper H. Dixon  
339593 Germantown CC 1/7 M 6:30pm - 7:30pm  
9 Sessions \$81  
Instructor: Pyper H. Dixon  
339594 White Oak CC 1/9 W 6:30pm - 7:30pm

### Modern Masterpieces (painting)

Ages 6-12: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal and unique. Draw, paint and voila - a masterpiece! \$10 material fee due to instructor at class.

10 Sessions \$80  
Instructor: Pyper H. Dixon  
345755 East County CC 1/12 Sa 1:00pm - 2:00pm  
9 Sessions \$72  
Instructor: Pyper H. Dixon  
339597 Germantown CC 1/8 Tu 6:30pm - 7:30pm  
339598 White Oak CC 1/10 Th 6:30pm - 7:30pm



## FINE ARTS

### Right Brain Drawing Beginner

Ages 12 and Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$20 for materials fee due to instructor. \$5 hand out fee due to instructor at class.

7 Sessions \$119  
Instructor: Yolanda Prinsloo  
344406 Potomac CC 1/7 M 5:30pm - 7:00pm

### Right Brain Drawing Advanced

Ages 12 and Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

7 Sessions \$119  
Instructor: Yolanda Prinsloo  
344407 Potomac CC 1/7 M 7:15pm - 8:45pm

### Painting Skies with Kritt

Ages 18 and Up: All Levels: Watercolor or acrylic. From puffy white clouds to a pouring rain, painting the sky is fun because you don't have to know how to draw! Paint the night sky full of fireworks or the first blush of dawn. Call 301-989-1799 for supply list.

4 Sessions \$68  
Instructor: Penny Kritt  
344398 Kritt Studio 1/8 Tu 10:00am - 12:00pm  
344399 Kritt Studio 1/8 Tu 7:00pm - 9:00pm

### Young Artist's Studio II

Ages 7-10: This studio class caters to the more sophisticated palette of the 7 to 10 year old artist. Students focus their natural interest in drawing, painting, and sculpture in a fun, encouraging, and creative environment. They will bring home 2 and 3-dimensional projects they are proud to share! For classes for ages 4-6 look for CREATE in the tiny tots section. \$20 material fee due to instructor at class.

8 Sessions \$120  
Instructor: Create Art Center  
344547 Create Arts Center 1/20 Su 11:30am - 1:00pm

### Painting Water with Kritt

Ages 18 and Up: Watercolor or acrylic. You can paint crashing ocean waves and small dew drops. See how ponds are different from raging rivers. Learn how to paint a clear glass of water and amaze your friends. Call 301-989-1799 for a supply list.

5 Sessions \$85  
Instructor: Penny Kritt  
344367 Kritt Studio 2/5 Tu 10:00am - 12:00pm  
344368 Kritt Studio 2/5 Tu 7:00pm - 9:00pm

### Chinese Watercolors

Ages 18 and Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. \$28 material fee due to instructor at first class.

9 Sessions \$153  
Instructor: Helene Sze McCarthy  
338293 Blair, Montgomery HS 1/16 W 7:30pm - 9:30pm

### Painting Winter with Kritt

Ages 18 and Up: Watercolor or acrylic. From snowy mountains to kids on sleds, you'll love doing a quick painting that captures the quiet of a fresh snowfall or the happy snowman in your front yard. There's a lot more to winter than just white! Call 301-989-1799 for material list.

7 Sessions \$119  
Instructor: Penny Kritt  
344361 Kritt Studio 1/7 M 10:00am - 12:00pm  
344365 Kritt Studio 1/7 M 7:00pm - 9:00pm

### Acrylic Painting Techniques

Ages 14 and Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee due to instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

9 Sessions \$153  
Instructor: Margaret Deskin  
339574 Bauer Drive CC 1/12 Sa 10:30am - 12:30pm

### Oil or Acrylic Painting- Your Choice

Ages 18 and Up: Beginners/Intermediate Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

8 Sessions \$136  
Instructor: Doris Haskel  
339570 Norwood Local Park 1/7 M 9:45am - 11:45am  
339571 Norwood Local Park 1/8 Tu 9:45am - 11:45am  
339572 Norwood Local Park 1/9 W 9:45am - 11:45am

### Painting from A to Z

Ages 10 and Up: All levels are welcome. Choose any painting medium you would like to work on: watercolor, gouache, acrylics, or oil painting. Beginners will be given structured lessons in composition, value, color mixing, and various painting techniques; experienced painters can work independently. Individualized attention will be given to meet personal needs. Please bring a sketchpad, 4B pencil, and an eraser to the first class. Materials will be discussed in the first class.

8 Sessions \$132  
Instructor: Vivienne Cho  
338353 Bauer Drive CC 1/8 Tu 1:00pm - 3:00pm

### Stone Sculpture

Ages 16 and Up: Basic instruction in the use of stone tools and the types of stones. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and safety glasses or goggles to first class for hands on experience.

10 Sessions \$170  
Instructor: Annamyra Ruppert  
344360 Ross Boddy CC 2/20 W 7:00pm - 9:00pm

### Let's Draw! Beginning/Intermediate

Ages 9 and Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

9 Sessions \$144  
Instructor: Pyper H. Dixon  
339588 East County CC 1/12 Sa 10:15am - 12:15pm

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## JEWELRY

### **Beginning Wire Work**

Ages 12 and Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with a handmade clasp. \$10 material fee due to instructor at class.

1 Sessions  
Instructor: Donna Weeks  
338347 Bauer Drive CC 1/16 W 7:00pm - 9:00pm \$35

### **Earrings, Earrings, Earrings!**

Ages 12 and Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due to instructor at class.

1 Sessions  
Instructor: Donna Weeks  
338349 Bauer Drive CC 1/23 W 7:00pm - 9:00pm \$35

### **Jewelry Basics**

Ages 12 and Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind design. \$10 material fee due to instructor in class.

1 Sessions  
Instructor: Donna Weeks  
338345 Bauer Drive CC 1/9 W 7:00pm - 9:00pm \$35

## MORE ARTS & CRAFTS

### **Bath and Beauty Products**

Ages 12 and Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Sessions  
Instructor: Donna Weeks  
338351 Bauer Drive CC 1/30 W 7:00pm - 9:00pm \$35

## PHOTOGRAPHY

### **Digital Photography**

Ages 17 and Up: Overview of the History of Photography, and Transition from Film to Digital format, using a Digital Camera, Phone Camera or 'Skype' Camera. How to Frame a subject, Focusing, Color and B/W Portraiture, natural and studio lighting, cropping, and saving photographs on a storage device, (ex. Flash Drive, Disk, or external Hard drive), and instructions on making the final Print.

8 Sessions  
Instructor: Sadie Pasha  
344309 Bauer Drive CC 1/12 Sa 10:00am - 11:30am \$180

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# POTTERY

## Introduction to Pottery

Ages 16 and Up: If you ever wanted to try pottery, this is the class for you! Designed as an introductory class, you will learn handbuilding and wheel throwing, decorating, and glazing. \$25 material fee due to instructor at class. Covers 25lbs of clay, glazes, slips and other consumables.

8 Sessions \$136  
Instructor: Pamela Reid  
338671 East County CC 1/9 W 6:30pm - 8:30pm

## Pottery - Mini Session

Ages 16 and Up: For the novice and the experienced potter. Beginning students will work on hand building projects. The experienced potter can use our well equipped studio to practice and improve their skills. Wear old clothes and bring a towel and apron to the first class. \$10 material fee due to instructor at class.

4 Sessions \$96  
Instructor: Angela Schreiber  
338634 Sligo Creek ES 1/8 Tu 7:00pm - 10:00pm  
338633 Sligo Creek ES 1/10 Th 9:30am - 12:30pm  
Instructor: Margaret Dickerson  
338632 Sligo Creek ES 1/7 M 7:00pm - 10:00pm

## Handcrafted Pottery Beginner/Intermediate

Ages 16 and Up: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$25 material fee due to instructor at class.

10 Sessions \$170  
Instructor: Pamela Reid  
339586 Wheaton CC 1/9 W 10:00am - 12:00pm

## Handcrafted Pottery

Ages 15 and Up: All levels. Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Share wheel time. Bring old towel, dry cleaner plastic wrap, various small textured objects and \$30 material fee due to the instructor at first class.

7 Sessions \$175  
Instructor: Valerie Haber  
338636 Germantown CC 1/9 W 6:00pm - 9:00pm

## Pottery at Lawton

Ages 12 and Up: All levels. Pottery for everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

9 Sessions \$157  
Instructor: Yolanda Prinsloo  
344405 Jane E. Lawton CC 1/10 Th 6:00pm - 8:30pm

## Handcrafted Pottery All Levels

Ages 16 and Up: All Levels. Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. Bring clay tools and old towel. \$25 material fee due to instructor at the first class.

9 Sessions \$153  
Instructor: Pamela Reid  
339578 Wheaton CC 1/10 Th 7:00pm - 9:00pm  
339579 White Oak CC 1/10 Th 1:00pm - 3:00pm  
339580 White Oak CC 1/10 Th 6:30pm - 8:30pm

## Pottery Open Studio

Ages 16 and Up: Intermediate/Advanced. Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$25 material fee due at first class.

10 Sessions \$220  
Instructor: Pamela Reid  
339583 Ross Boddy CC 1/8 Tu 10:00am - 2:00pm  
339584 Ross Boddy CC 1/8 Tu 6:00pm - 10:00pm

## Kids Pottery with CREATE

Ages 8-12: Whether starting out with a ball of clay and using the pinch pot method to make an animal or using the slab technique to make a mug, children will build their pottery vocabulary and skills as well as give their imaginations a workout. CREATE Arts Center has a kiln so all projects will be fired on site. \$25 material fee due to instructor at class.

8 Sessions \$120  
Instructor: Create Art Center  
344546 Create Arts Center 1/23 W 4:00pm - 5:30pm

## Family Pottery with CREATE

Ages 6 and Up: Adult participant is required. Spend some quality time as a family exploring clay. Whether your clay creations are purely decorative or practical pieces, you'll treasure the time you spend working both independently and as a family. You will explore clay construction (pinch, coil and slab-no wheel), and various glaze finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Younger children will need their adult pottery partner to assist through part of the process which is part of the fun you'll have together! Cost is per person. Register each person individually! \$25 material fee due per person on first day.

8 Sessions \$120  
Instructor: Create Art Center  
344544 Create Arts Center 1/20 Su 5:30pm - 7:00pm





## DANCE YOUTH

### **Pre Ballet by Jazzmatazz**

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

9 Sessions \$108  
Instructor: Betsy Saunders  
344400 Long Branch CC 1/12 Sa 11:15am -12:15pm

### **Comprehensive Classical Ballet Advanced Beginner**

Ages 7-9: Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turn out are highly emphasized in this class. Uniform: Girls black short sleeved leotard, pink footed tights, leather ballet slipper. Boys black sweat pants (no pockets), white t-shirt and socks, black jazz oxfords.

9 Sessions \$81  
Instructor: Kim Bell  
339566 Jane E. Lawton CC 1/12 Sa 11:00am -11:45am

### **Comprehensive Classical Ballet**

Ages 5-7: Beginner students are taught Classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform: Girls black short sleeve leotard, pink, footed tights and leather ballet slippers. Boys black sweat pants (no pockets), white, t-shirt and socks black jazz oxfords.

9 Sessions \$81  
Instructor: Kim Bell  
339564 Jane E. Lawton CC 1/12 Sa 10:15am -11:00am

### **Ballet**

Ages 5-8: Beginner. This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

6 Sessions \$63  
Instructor: Grace Oleson  
344300 White Oak CC 1/7 M 4:30pm - 5:15pm  
8 Sessions \$72  
Instructor: Grace Oleson  
338624 Potomac CC 1/8 Tu 4:30pm - 5:15pm  
338626 Germantown CC 1/9 W 4:30pm - 5:15pm  
338625 Wheaton CC 1/10 Th 4:30pm - 5:15pm

### **Ballet I by Halo**

Ages 5-8: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. We create a safe and fun environment to encourage maximum learning potential. This progressive ballet syllabus will prepare young dancers for advanced placement in our Ballet program.

9 Sessions \$81  
Instructor: LLC Halo Dance Studio  
344440 Germantown CC 1/12 Sa 11:00am -12:00pm

### **Ballet II by Halo**

Ages 9-12: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. Beginning with barre work, the class proceeds to center work and movement which travel across the floor.

9 Sessions \$81  
Instructor: LLC Halo Dance Studio  
344441 Germantown CC 1/12 Sa 12:00pm - 1:00pm

### **Tap, Ballet & Jazz Intermediate**

Ages 6-15: Intermediate: This is a continuing class for those who have taken the beginning level. Before registering contact Rowena 301-467-3535 for clarification of placement.

9 Sessions \$81  
Instructor: Rowena DeLuca  
343763 Marilyn J. Praisner CC 1/12 Sa 12:00pm - 1:00pm

### **Tap, Ballet & Jazz Beginner**

Ages 4-7 and 7-15: This is a combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. A performance for family and friends will be held on the last day of class. Fun, fitness, and a great way to find out if your child really wants to dance.

Ages 4-7  
7 Sessions \$63  
Instructor: Rowena DeLuca  
343754 Mid County CC 1/7 M 6:00pm - 7:00pm  
9 Sessions \$81  
Instructor: Rowena DeLuca  
343753 Marilyn J. Praisner CC 1/12 Sa 10:00am -11:00am  
Ages 7-15  
9 Sessions \$81  
Instructor: Rowena DeLuca  
343755 Marilyn J. Praisner CC 1/12 Sa 11:00am -12:00pm



## Breakdancing

Ages 7-13: The breakdancing genres provide specialized hip hop moves necessary to give kids the chance to develop and learn style, power moves, and everything in between. This class is perfect for guys and girls who want to learn the popular dance moves in a class that focuses on kids feeling good, having fun, and developing a positive attitude! Comfortable clothing is the dress code for the class (i.e. sneakers, t-shirt, lightweight pants / shorts).

7 Sessions \$63

Instructor: Vincent Subramaniam

338355 Bauer Drive CC 1/7 M 5:30pm - 6:15pm

9 Sessions \$81

Instructor: LLC Halo Dance Studio

344439 Upper County CC 1/9 W 7:30pm - 8:30pm

## Hip Hop for Kids!

Ages 6-8: This class is designed to introduce the Hip-Hop culture through the element of dance. Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography and more advanced body movements are incorporated as this class progresses. Each class will begin with a basic warm-up to stretch and tone the body, followed by across the floor progressions, and conclude with a fun, energetic routine.

7 Sessions \$63

Instructor: Vincent Subramaniam

338359 Potomac CC 1/7 M 4:30pm - 5:15pm

9 Sessions \$81

Instructor: LLC Halo Dance Studio

344438 Upper County CC 1/9 W 6:15pm - 7:15pm

## Hip Hop for KidZ!

Ages 9-12 : A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

7 Sessions \$63

Instructor: Vincent Subramaniam

338364 Potomac CC 1/7 M 5:30pm - 6:15pm

## Bollywood Kids

Ages 6-10: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions \$89

Instructor: Kumud Mathur

338331 Potomac CC 1/15 Tu 6:30pm - 7:15pm

## BALLROOM

### Instructors:

Joe Kim ..... 301-774-3126

Rebecca McKinney ..... 202-669-7723

Tony Seleme ..... 202-386-2060

Tom Woll ..... 703-591-3839

## REGISTRATION IS PER PERSON.

### Ballroom I Beginners (Couples)

Ages 16 and Up: Beginner: Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included.

7 Sessions \$63

Instructor: Tony Seleme

338306 Bauer Drive CC 1/7 M 7:15pm - 8:15pm

Instructor: Rebecca Phyllis McKinney

338308 Bethesda ES 1/7 M 7:00pm - 8:00pm

8 Sessions \$72

Instructor: Joe Kim

338309 Olney ES 1/11 F 7:30pm - 8:30pm

Instructor: Tony Seleme

339600 White Oak CC 1/10 Th 7:15pm - 8:15pm

Instructor: Thomas Woll/Anne Basso

338307 Wheaton CC 1/16 W 7:00pm - 8:00pm

### Ballroom II (Couples)

Ages 16 and Up: Intermediate. Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on class progress additional dances may be included. For further information, please contact your instructor directly.

7 Sessions

\$63

Instructor: Tony Seleme

338317 Bauer Drive CC 1/7 M 8:15pm - 9:15pm

Instructor: Rebecca Phyllis McKinney

338318 Bethesda ES 1/7 M 8:00pm - 9:00pm

8 Sessions \$72

Instructor: Joe Kim

338316 Olney ES 1/11 F 8:30pm - 9:30pm

Instructor: Tony Seleme

339602 White Oak CC 1/10 Th 8:15pm - 9:15pm

Instructor: Thomas Woll/Anne Basso

338315 Wheaton CC 1/16 W 8:00pm - 9:00pm

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## BALLROOM continued

### Ballroom III (Couples)

Ages 16 and Up: Intermediate/Advanced. Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session.

8 Sessions \$72

Instructor: Thomas Woll/Anne Basso

339619 Gwendolyn Coffield CC 1/15 Tu 7:45pm - 8:45pm

### Ballroom IV (Couples)

Ages 16 and Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced. Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session.

8 Sessions \$72

Instructor: Thomas Woll/ Anne Basso

339617 Mid County CC 1/17 Th 7:45pm - 8:45pm

### Ballroom Practice & Party (Couples)

Ages 17 and Up: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor.

8 Sessions \$112

Instructor: Tony Seleme

339615 Holiday Park SC 1/11 F 7:00pm - 10:00pm

### Ballroom Wedding Dance (Couples)

Ages 18 and Up: Beginner. Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dancee.

6 Sessions \$54

Instructor: Thomas Woll/ Tony Dunn

339621 Potomac CC 1/14 M 7:00pm - 8:00pm

### Dance Ballroom Waltz (Couples)

Ages 16 and Up: Learn this classical slow dance that is the opening to all formal dance. This beautiful dance is the oldest and most graceful of the social dances.

8 Sessions \$72

Instructor: Rebecca Phyllis McKinney

339606 Jane E. Lawton CC 1/10 Th 6:45pm - 7:45pm

### Dance for the Special Occasion (Singles and Couples)

Ages 18 and Up: This dance class covers all ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

8 Sessions \$72

Instructor: Herb Fredricksen

338295 Germantown CC 1/16 W 7:45pm - 8:45pm

346006 East County CC 1/17 Th 6:30pm - 7:30pm

### Swing (Couples)

Ages 17 and Up: Beginner. Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing.

8 Sessions \$72

Instructor: Tony Seleme

339610 Holiday Park SC 1/8 Tu 7:15pm - 8:15pm

Instructor: Rebecca Phyllis McKinney

339609 Jane E. Lawton CC 1/10 Th 7:50pm - 8:50pm

### DC Hand Dancing

#### (Singles and Couples)

Ages 18 and Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

8 Sessions \$72

Instructor: Thomas Woll/Tony Dunn

339623 Potomac CC 1/16 W 7:00pm - 8:00pm



## VOLUNTEER THIS WINTER!

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- Support your local Community Center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful

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## LATIN

### Latin Salsa & Merengue

#### Inter/Adv (Single & Couples)

Ages 17 and Up: Intermediate/Advanced. Prerequisite: Salsa. beginner class or solid basic knowledge. Initially review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students will be taught night club style, street style, and formal dance style. Students change partners frequently. For further information the instructor, Joe Kim may be reached on 301-774-3126. This class does not require a partner.

8 Sessions \$72

Instructor: Joe Kim  
338299 Barnsley, Lucy ES 1/9 W 8:30pm - 9:30pm

#### Latin Salsa (Couples)

Ages 17 and Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners. For further information please call the instructor Tony Seleme at 202-386-2060

8 Sessions \$72

Instructor: Tony Seleme  
339613 Holiday Park SC 1/8 Tu 8:15pm - 9:15pm

#### Latin Salsa (Singles & Couples)

Ages 17 and Up: Beginner. Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to ensure a balance. Students change partners frequently.

8 Sessions \$72

Instructor: Thomas Woll/Tony Dunn  
345956 Potomac CC 1/16 W 8:00pm - 9:00pm

#### Latin Salsa & Merengue Beginner (Single & Couples)

Ages 17 and Up: Beginner. This class is popular worldwide. The class includes partner dance, solo free style, and practice to mini choreographed routine. Students will learn night club style, street style, and formal dance style. Students will change partners frequently. Program does not require a partner to attend.

8 Sessions \$72

Instructor: Joe Kim  
338297 Barnsley, Lucy ES 1/9 W 7:30pm - 8:30pm

#### Latin Tango (Couples)

Age 17 and Up: Beginner/Intermediate. American and International Standard Tango. For further information the instructor, Rebecca McKinney may be reached at 202-669-7723.

7 Sessions \$63

Instructor: Rebecca Phyllis McKinney  
339604 Bethesda ES 1/7 M 9:00pm - 10:00pm

## US/Mexican Border Dances

### (Singles and Couples)

Since the days of the Alamo a vibrant exchange of music and dance along this border, includes rhythms called Mariachi, Norteno, Conjunto, Ranchero, Tex-Mex, even Cajun. Come explore 200 years of dancing with a man who collects and keeps alive these spirited dances and has taught for the Smithsonian Institution and the Friends of the Kennedy Center. No partner or experience is required.

8 sessions \$72

Instructor: Herb Fredricksen  
346055 East County CC 1/17 Th 7:45pm - 8:45pm

## INTERNATIONAL

### Folk Bhangra/Bollywood

Ages 11 and Up: Beginner/Intermediate. Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions \$89

Instructor: Kumud Mathur  
338333 Potomac CC 1/15 Tu 7:30pm - 8:30pm

### International Folk Dancing

Ages 17 and Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/ advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or e-mail [diamonddancecircle@comcast.net](mailto:diamonddancecircle@comcast.net).

9 Sessions \$63

Instructor: Phyllis Diamond  
338640 Jane E. Lawton CC 1/7 M 7:30pm - 9:45pm

7 Sessions \$49

Instructor: Phyllis Diamond  
338641 Jane E. Lawton CC 1/28 M 7:30pm - 9:45pm

4 Sessions \$28

Instructor: Phyllis Diamond  
338642 Jane E. Lawton CC 2/25 M 7:30pm - 9:45pm

*Learn to  
Dance!  
It's fun  
and good  
exercise!*



## MORE DANCE

### Chicago Steppin

Ages 18 and Up: Steppin is an urban African-America form of Swing Dance that originated in Chicago. This partner dance has a leader and follower synchronizing their steps in a smooth, soulful and complementary manner. Emphasis is placed on dancing to the beat and rhythm of the music. No partner is required. Materials fee of \$2 is due to the instructor at the first class.

4 Sessions \$30

Instructor: Jeffery Brown

338290 East County CC 1/9 W 7:30pm - 8:45pm

338291 East County CC 2/6 W 7:30pm - 8:45pm

8 Sessions \$60

Instructor: Jeffery Brown

338289 East County CC 1/9 W 7:30pm - 8:45pm

### Soul Line Dance

Ages 16 and Up: This introduces you to the basic patterns and steps for line dancing. Learn basic beginning level line dance step patterns and gradually progress to a few intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting.

Questions: peytrienemccormick@yahoo.com

8 Sessions \$60

Instructor: Peyttrieenne McCormick

343767 Wheaton CC 1/8 Tu 6:00pm - 7:00pm

343768 White Oak CC 1/8 Tu 8:00pm - 9:00pm

## TAP

### Tap Dance for Adults

Ages 16 and Up: Tap is an exciting program where students will use their feet to create a musical beat. Many adults are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class is from 6:00pm - 7:00pm and will introduce you to basic tap steps for true beginners. Beginner/Intermediate class is from 6:30pm - 7:30pm and will introduce you to basic tap and combination steps. Intermediate class is from 7:00pm - 8:00pm and will focus on intermediate steps and combination. Advance class will be held from 8:00pm - 9:00pm and is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

9 Sessions \$81

Instructor: Rowena DeLuca

343518 Capital View-Hwd Park 1/9 W 6:00pm - 7:00pm

343519 Capital View-Hwd Park 1/9 W 6:30pm - 7:30pm

343520 Capital View-Hwd Park 1/9 W 7:00pm - 8:00pm

343521 Capital View-Hwd Park 1/9 W 8:00pm - 9:00pm

### Tap Dance for Adults Intermediate

Ages 16 and Up: A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

9 Sessions \$81

Instructor: Rowena DeLuca

343522 Marilyn J. Praisner CC 1/11 F 12:30pm - 1:30pm

## MUSIC

### GUITAR

### Guitar Level I

Ages 9 and Up: Beginner. Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), electronic tuner and a pencil. Price includes instructional songbook. Questions: Call Brian Gross at 301-320-6999.

8 Sessions \$124

Instructor: Brian Gross

344310 Potomac CC 1/8 Tu 6:00pm - 7:00pm

344311 Bauer Drive CC 1/9 W 7:00pm - 8:00pm

### Guitar Songs

Ages 9 and Up: Prerequisite: Level I or new students with applicable experience/knowledge welcome. Love to play your favorites and learn new songs to add to your favorite's collections? Come jam with Brian, and while you are jammin', you'll cover new chords including barre and power chords. Please bring the songs you want to play, a fully strung guitar (acoustic or electric), electronic tuner and a pencil. Price includes all materials. Questions: Brian Gross at 301-320-6999.

8 Sessions \$124

Instructor: Brian Gross

344322 Potomac CC 1/8 Tu 7:00pm - 8:00pm

344321 Bauer Drive CC 1/9 W 8:00pm - 9:00pm



## PIANO

### Exploring Music and Piano Level IA

Ages 5-10: Participants should plan to continue throughout the winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

8 Sessions \$200  
Instructor: Geiza Dourado  
343484 Golden School of Music 1/7 M 5:15pm - 6:15pm

9 Sessions \$225  
Instructor: Geiza Dourado  
343486 Golden School of Music 1/12 Sa 12:00pm - 1:00pm

### Exploring Music and Piano Level IB

Ages 5-10: Prerequisite Level IA. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

8 Sessions \$200  
Instructor: Geiza Dourado  
343497 Golden School of Music 1/7 M 5:45pm - 6:45pm

9 Sessions \$225  
Instructor: Geiza Dourado  
343493 Golden School of Music 1/12 Sa 12:30pm - 1:30pm

### Group Piano Beginner

Ages 18 and Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Important: Instructor reserved the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

7 Sessions \$105  
Instructor: Elizabeth Duncan  
338660 Holiday Park SC 1/8 Tu 10:15am - 11:05am  
338661 Holiday Park SC 1/8 Tu 8:00pm - 8:50pm

### Group Piano Advanced Beginner

Ages 18 and Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

7 Sessions \$105  
Instructor: Jeffrey Binckes  
338654 Holiday Park SC 1/7 M 10:15am - 11:05am  
338656 Holiday Park SC 1/7 M 2:30pm - 3:20pm  
Instructor: Elizabeth Duncan  
338655 Holiday Park SC 1/8 Tu 12:15pm - 1:05pm

### Group Piano Intermediate

Ages 18 and Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

7 Sessions \$105  
Instructor: Jeffrey Binckes  
338662 Holiday Park SC 1/7 M 7:00pm - 7:50pm  
338665 Holiday Park SC 1/7 M 11:15am - 12:05pm  
346056 Holiday Park SC 1/7 M 12:30pm - 1:20pm  
Instructor: Elizabeth Duncan  
338663 Holiday Park SC 1/8 Tu 11:15am - 12:05pm  
338664 Holiday Park SC 1/8 Tu 7:00pm - 7:50pm

### Group Piano Advanced

Ages 18 and Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

7 Sessions \$105  
Instructor: Jeffrey Binckes  
338653 Holiday Park SC 1/7 M 1:30pm - 2:20pm

### Group Piano Popular Favorites

Ages 18 and Up: A fun and exciting approach to music and piano! No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Wherever you fit, come and make music in a relaxed and enjoyable environment. Students should have a piano or keyboard available to them for practice.

7 Sessions \$105  
Instructor: Elizabeth Duncan  
338667 Holiday Park SC 1/8 Tu 2:15pm - 3:05pm

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## COOKING

### COOKING SKILLS

#### **Advanced Kitchen Skills**

Ages 15 & Up: Your next best comfort step in the kitchen—more knife skills along with techniques to ease your time in the kitchen and great food to go with it. You will butterfly and pound a chicken breast, then stuff, roll and tie it with your selection of roasted red peppers, feta cheese, caramelized onions or other goodies. To accompany the chicken, you will prepare a chipotle potato risotto, rich with cheese and fresh herbs along with a side of fresh broccoli with garlic butter and cashews. Dessert will be a homemade fruit cobbler. Kitchen Skills One is not a pre-requisite. Take home recipes; don't forget we eat what we fix so bring an appetite! \$15 food fee due to instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 344591 Ross Boddy CC 2/9 Sa 10:30am - 2:30pm

#### **Basic Cooking Skills - Your First Step In The Kitchen**

Ages 15 & Up: The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. In this class you will learn by doing, including some introductory knife skills including how to slice, dice and chop onions and even how to hone and sharpen your knives. Cooking techniques will include how to know the difference between saute, stew, roast and braise, and when to use each. And you will fix a first class lunch in the process; the menu includes a wonderful White Chicken Chili along with Homemade Corn Bread real Texas style coleslaw. Improve your skills and take home a wonderful recipe that you can duplicate in your home kitchen with ease. We eat what we fix so bring an appetite and join us for a great time and a really good lunch. Take home recipes. \$15 food fee due to instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 344587 Ross Boddy CC 1/12 Sa 10:30am - 2:30pm

#### **Knife Skills**

Ages 18 & Up: The Cutting Edge! The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due to instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 344595 Ross Boddy CC 3/9 Sa 10:30am - 2:30pm

## GENERAL COOKING

#### **A Real Pressure Cooker Class, Part II!**

Ages 15 & Up: The first pressure cooker class in the fall of '12 sold out! So here we go again. Wait till you see how the newest style and latest design Pressure Cookers can literally change your life in the kitchen. Want to do short ribs for dinner and it's four in the afternoon, not a problem; on the table with gravy and potatoes by five. You will have the opportunity to purchase a pressure cooker. In this class we are going to do what we talk about. Beef Vegetable Soup from dry beans as a first course. Beef Tips with Mushrooms and Noodles for an entree and a side dish of fresh vegetables. Take home recipes and generic pressure cooker instructions are provided; don't forget that we eat what we fix so bring an appetite! \$15 food fee due to instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 344592 Ross Boddy CC 2/16 Sa 10:30am - 2:30pm

#### **Authentic Italian Cooking**

Ages 15 & Up: By popular demand here is a return of a class that sold out the last two times it was offered, but with different recipes this time. This class will depend on authentic Italian recipes that I brought back with me from my recent trips to Italy. Beginning with Caramelized Onion and Fennel Bruschetta we'll go on to a first course of an Italian Antipasto Salad followed by an entree of Bolognese Ragu served with Tagliatelle or Pappardelle pasta noodles. You will not believe how easy these wonderful recipes are to do at home. You will become the prize cook of the family and the neighborhood as word gets out about your skills in the Italian kitchen. We eat what we fix, so bring an appetite and join us for a great time and a good lunch. Take home recipes. \$15 food fee due to instructor at class time.

1 Session \$65  
 Instructor: James Davis  
 344594 Ross Boddy CC 2/23 Sa 10:30am - 2:30pm

#### **Be Your Own Personal Chef**

Ages 15 & Up: You will cook with the experts and learn how to prepare 2 weeks worth of food at a time AND how to save money in the process. How to schedule your every-other-Saturday cook day; shop, cook, package, label and store a 2 week supply of Really Good Food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. \$15 food fee due instructor at class time.

1 Sessions \$65  
 Instructor: James Davis  
 344597 Ross Boddy CC 3/23 Sa 10:30am - 2:30pm

#### **It's Greek To Me!**

Ages 15 & Up: We'll never get tired of the food, after all this is the cradle of sun drenched Mediterranean Cuisine. First we'll do little Spinach Pies for appetizers (Spanakopita) working with Phyllo Dough, spinach and cheese filling and butter. Then we will prepare a Braised Rosemary Chicken (Kotopoulo me Dendrolivano) and Roasted Vegetables and Herbs in Tomato Sauce (Briam). This will be a meal you will not want to miss. Take home recipes; don't forget we eat what we fix so bring an appetite! \$15 food fee due to instructor at class time.

1 Session \$50  
 Instructor: James Davis  
 344596 Ross Boddy CC 3/19 Tu 6:30pm - 9:30pm



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### Kick-off a Healthy New Year

Ages 15 & Up: Did you eat too much over the holidays? Feeling heavy & sluggish? Kick-off the New Year with a healthy detoxification for your body, mind & spirit. Join us to learn a simple, easy to follow, 7-day detox program that will cleanse your body & leave you feeling lighter & renewed. Benefits of a detox include weight loss, the elimination of toxins, improved digestion, mental clarity, less junk-food cravings, & increased body awareness. This detox can be just the jump-start you need to a whole new you this year! You'll go home with guidelines to follow, a meal plan, recipes, and the motivation to get started! We will prepare a few of the foods that are part of the plan, including a fruit/veggie smoothie, quinoa salad, and a veggie stir-fry with brown rice. We will eat what we prepare so come hungry. A \$15 food fee due to instructor at time of class.

1 Sessions \$50  
Instructor: Sherry Vatis  
344543 White Oak CC 1/10 Th 6:30pm - 9:00pm

### Meatless Main Dishes

Ages 15 & Up: Spring is on the way, and it's time to lighten your food repertoire. The Spring thaw has our body craving less of the heavy meat-and-potato meals so typical of cold, winter months. Dishes containing healthy proteins, without meat, that utilize seasonal ingredients are the way to eat this time of year. Join us and learn to prepare a healthy & filling main dish salad, a crust-less, protein-packed veggie quiche, and a delicious & versatile rice & bean burrito. Eating healthy never tasted so good, and so filling! Recipes are included. A \$15 food fee is due to instructor at class time.

1 Session \$50  
Instructor: Sherry Vatis  
344548 Mid County CC 3/7 Th 6:30pm - 9:30pm

### Southwestern Cooking

Ages 15 & Up: Generations of hardy and resourceful cowboys, as well as modern Mexican influences have developed this region's rustic cuisine into some of the spiciest and most colorful American food anywhere. This class will change your mind about Southwestern Food; it will rapidly become your favorite 'to do at home cooking' that will impress both family and friends. In this class we will explore traditional Southwestern foods and prepare a full menu meal as a part of the class. Starting with a Chicken Tortilla Soup that will certainly start us off in the right frame of mind. We will follow that with a Roasted Tomato Salsa Bison Meatloaf that will absolutely knock your socks off, particularly when it is paired with a Spicy Tomato and Black Bean Rice that you will truly love! Take home recipes; don't forget that we eat what we fix so bring an appetite! \$15 food fee due to instructor at class time.

1 Session \$50  
Instructor: James Davis  
344593 Ross Boddy CC 2/19 Tu 6:30pm - 9:30pm

### Secrets Of Thai Cooking

Ages 15 & Up: We've done it again! This class features all new recipes and a few surprises as well. These recipes have never been taught here before. We start with my favorite appetizer, Shrimp Toast garnished with Pepper Jelly. Then Thai Green Curry Shrimp with Noodles (Gaeng Kieow Waan) followed by Garlic and Pepper Chicken (gai pad gratiem prik thai) served with rice. This will be an intense, action filled class with a lot of food to prepare in a short period of time. If your taste buds are leaning toward spicy Thai food (that you control) then this is a class you will not want to miss. This is not a class for wimps! Take home recipes; don't forget that we eat what we fix so bring an appetite! \$15 food fee due instructor at class time.

1 Session \$50  
Instructor: James Davis  
344588 Ross Boddy CC 1/15 Tu 6:30am - 9:30pm

### The Great Dinner Party

Ages 15 & Up: This is the Dinner Party that you only dream about doing for your friends, boss or family. We'll show you how to plan it, prepare it, serve it and even select the wines to go with it. Starting with a First Course of Risotto with Squid and Tomatoes and a beautiful center-of-the plate Chicken Breast Supreme with Mushrooms and Cream with buttery Mashed Potatoes and Roasted Asparagus, your dinner will be the talk of the neighborhood. You will stun your guests when you serve them a home made Coconut Cream Pie topped with Whipped Cream (and don't worry about the crust, we'll share our secret with you. You will be as surprised as they are when you find out how easy it is to prepare. This will become a family favorite dinner, and you don't have to wait for a special event to serve it; and your guests will all ask for the recipes (which you do not have to share!). We eat what we fix so bring an appetite and join us for a great time and a really good lunch. Take home recipes. \$15 food fee due to instructor at class time

1 Session \$65  
Instructor: James Davis  
344589 Ross Boddy CC 1/26 Sa 10:30am - 2:30pm

### Valentine's Day is for Chocolate Lovers

Ages 15 & Up: Calling all chocolate lovers! This class is all about desserts that will leave your loved one begging for more. Preparing home-made chocolate treats is easier than you think, and so much better tasting than store-bought desserts. Plus, who can resist them when they're made with a little love? In this class we'll learn to make a decadent & airy chocolate mousse, a variety of rich, dense chocolate truffles, and some gooey, double-chocolate cookie bars. Recipes are included, and bring a container to take home your goodies; that is, if you don't eat them all in class! A \$15 food fee is due to instructor at class time.

1 Session \$50  
Instructor: Sherry Vatis  
344545 White Oak CC 2/7 Th 6:30pm - 9:00pm

*Warm up  
a winter's  
evening  
with one  
of our  
cooking  
classes.*



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## WINE & DINE

### Mid-Winter Comfort Wines

Ages 21 & Up: At one time Constantia, a vineyard near Cape Town was considered by many as one of the greatest wines in the world. One of our recipes will be from a native of Cape Town, Zurie, and her recipe for 'Zurie's Pork Tenderloin With Yoghurt, Mustard and Prunes' is truly exceptional. Bokenpop, from a small town just outside Cape Town provides us with a recipe for Litchie Baked Fish, a super easy way to prepare fish for your family when time is short. And how could we have a South African meal without a lamb dish, and ours will be either lamb chops or leg of lamb, depending on availability, with a sweet, sticky Afrikaner glaze. Scrumptious! Remember, each dish will be matched with three different wines and you will judge which is best. Take home recipes and detailed wine notes provided. \$20 food fee due instructor at class time.

1 Session \$55  
Instructor: James Davis  
344600 Ross Boddy CC 3/1 F 7:00pm - 10:00pm

### The Great Red Wines of Italy

Ages 21 & Up: The wineries of northern Italy produce some of the best wines in the world. Amarone, produced in Veneto, is made from grapes that have been allowed to dry for up to a four-month period, leading to a concentration of sugars and flavors. The grapes used in this wine include Corvina, Rondinella and Molinara. Amorone is a white wine that is tart with sweet fruit overtones. Amorone works well when served with game birds. Barbaresco is produced in Piedmont using Nebbiolo grapes and is a dry, tannic red with vanilla attributes. Barolo is also produced in the Piedmont region and is a red wine that is also made from the Nebbiolo grape. Dolcetto d'Alba, a Piedmont wine, is a red, dry wine. This wine is good to serve with poultry or game and is best served at room temperature. Our recipes include Lasagna Milanese, an authentic Northern Italian Pasta Fagiolo and a typical regional Spaghetti Sauce. In this class we cook first, then clean up, then taste the foods we have prepared along with three wines for each dish, nine total. A great Friday date night, out so round up a baby sitter (if necessary) and sign up now for a class with a reputation for fun and good food as well as good wine and a little education, all in one evening. Take home recipes and extensive wine notes provided. \$20 food and wine fee due instructor at class time.

1 Session \$55  
Instructor: James Davis  
344598 Ross Boddy CC 1/4 F 7:00pm - 10:00pm

### Virginia - Good Wines At Last!

Ages 21 & Up: Some 400 years after English settlers hoped to establish a flourishing wine industry in Jamestown, Virginia wines are making a name for themselves. In a May 2007 London wine tasting to celebrate the 400th anniversary of the Jamestown settlement, 64 Virginia wines wowed wine critics and lovers alike. Travel and Leisure magazine proclaimed Virginia one of five up-and-coming wine regions that 'should be on the must-visit list of any adventurous wine traveler.' We'll select nine Virginia wines to pair with the three dishes we'll prepare. When you have to have a State Dish, for Virginia it can only be ham. So Virginia Ham Tarts will be one of our dishes. Crab cakes have to be on our list, topped with a chipotle sauce that you will long remember and prepare at home as well. From the Shenandoah Valley, we'll have their famous turkey prepared as Spicy Fajita's. Remember, in this class, we cook first, then clean up, then taste the foods we have prepared along with three wines for each dish, nine total. Take home recipes and extensive wine notes provided. \$20 food and wine fee due instructor at class time.

1 Session \$55  
Instructor: James Davis  
344599 Ross Boddy CC 2/8 F 7:00pm - 10:00pm

## FITNESS & WELLNESS

### AEROBIC DANCE

#### Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises, and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: former professional dancer, ACE certified owner of Fitness Care LLC and 35+ year experience. Questions: Call 301-942-5168.

8 Sessions \$64  
Instructor: Esther Brunner  
344349 Luxmanor ES 1/8 Tu 7:15pm - 8:15pm

#### Dance & Fitness

Ages 16 & up (13-15 if accompanied by a parent/guardian): Complete cardiovascular aerobic workout for those who love music and movement - women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions email at [dancenfitness@verizon.net](mailto:dancenfitness@verizon.net)

20 Sessions \$140  
Instructor: Alice Donnelly  
344292 Potomac CC 1/3 Th, Tu 6:00pm - 7:00pm  
Instructor: Jingér Azuree  
344294 Jane E. Lawton CC 1/2 W, M 6:00pm - 7:00pm  
Instructor: Elaine Waldstreicher  
344295 Mid County CC 1/2 W, M 7:30pm - 8:30pm  
Instructor: Lois Antos  
344290 Veirs Mill Local Park 1/3 Th, Tu 9:30am - 10:30am  
Instructor: Wendy Eckenrode/Roz Hom  
344291 Bauer Drive CC 1/3 Th, Tu 4:30pm - 5:30pm  
Instructor: Katy Wiemers  
344293 Rock View ES 1/3 Th, Tu 7:00pm - 8:00pm

#### Dance & Fitness Add a Class

Ages 16 & Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday -Thursday or Saturday during our regular classes and keep dancing at a different location! Questions contact [dancenfitness@verizon.net](mailto:dancenfitness@verizon.net)

10 Sessions \$70  
Instructor: Katy Wiemers  
344363 Veirs Mill Local Park 1/5 Sa 9:00am - 10:00am  
344364 See Classes Above See Classes Above

#### Jacki Sorensen's Aerobic Dance

Ages 16 & Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions call Karin, 240-207-3091.

9 Sessions \$63  
Instructor: Karin Baker  
344040 Potomac CC 1/8 Tu 9:00am - 10:00am  
344041 Potomac CC 1/10 Th 9:00am - 10:00am

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## Zumba Fitness with Step-n-Sweet Fitness

Ages 16 & up (13-15 if accompanied by parent or guardian): It's time to 'Ditch the Workout and Join the Zumba party with Cheryl Hicks and her awesome instructors. This latin based cardio workout will have you burning up to 1000 calories an hour, while having fun. If you like to dance and shake, then this is the class for you. Move to the sounds of soca, salsa, merengue, hip hop, reggaetone, old and new school and of course line dances. The instructor brings 29 years of energetic experience to every class and incorporates lots of interaction with her students. For more information, contact Cheryl Hicks at [chicks2@mindspring.com](mailto:chicks2@mindspring.com), 301-642-0612 or go to [zumba.com](http://zumba.com). There's a Party going on in this Zumba class, so come and join us!!!!

4 Sessions \$40

Instructor:Step-n-Sweet Fitness

343747 White Oak CC 1/7 M 6:30pm - 7:30pm

343748 White Oak CC 2/11 M 6:30pm - 7:30pm

5 Sessions \$50

Instructor:Step-n-Sweet Fitness

343741 White Oak CC 1/8 Tu 6:30pm - 7:30pm

343749 White Oak CC 1/9 W 6:30pm - 7:30pm

343745 White Oak CC 1/10 Th 6:30pm - 7:30pm

343743 Ross Boddy CC 1/8 Tu 6:30pm - 7:30pm

343758 Longwood CC 1/10 Th 6:30pm - 7:30pm

343751 Jane E. Lawton CC 1/12 Sa 10:00am - 11:00am

343756 Mid County CC 1/12 Sa 10:30am - 11:30am

343742 White Oak CC 2/12 Tu 6:30pm - 7:30pm

343746 White Oak CC 2/14 Th 6:30pm - 7:30pm

343744 Ross Boddy CC 2/12 Tu 6:30pm - 7:30pm

343759 Longwood CC 2/14 Th 6:30pm - 7:30pm

343757 Mid County CC 2/16 Sa 10:30am - 11:30am

343752 Jane E. Lawton CC 2/16 Sa 10:00am - 11:00am

## Fitness with Definition

Ages 16 & Up: Zumba is a fun, dance-like type of fitness that gets your whole body moving, is fun, and burns calories! It mixes Latin and International rhythms, music, and steps to get energy levels pumping. It is cardiovascular aerobic exercise that gives you a great workout! Varied music and interesting choreography from trained, experienced and CPR certified instructors. Questions please contact Juliet Rodman at (301) 229-7555 or [Juliet@wellnesscorporatesolutions.com](mailto:Juliet@wellnesscorporatesolutions.com)

16 Sessions \$112

Instructor:Juliet Rodman

344298 Clara Barton CC 1/7 M, F 9:15am - 10:15am

## Land Zumba

Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join The Party! This class is not done in the water.

9 Sessions \$48

Instructor:Wellness Network

345403 Olney Swim Center 1/8 Tu 7:00pm - 7:50pm

345404 Olney Swim Center 1/3 Th 7:00pm - 7:50pm



## Zumba

Ages 16 & up (13-15 if accompanied by parent or guardian): Beginner/Intermediate. Fitness combine mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of caloric-burning, and body-energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more information contact Melissa Moreira at 301-318-9379 or email at [myzumba.n.u@gmail.com](mailto:myzumba.n.u@gmail.com)

7 Sessions \$70

Instructor:Halo Dance Studio

344120 Marilyn J. Praisner CC 1/14 M 6:00pm - 7:00pm

344124 Bauer Drive CC 1/19 Sa 9:15am - 10:15am

344128 Potomac CC 1/19 Sa 9:30am - 10:30am

9 Sessions \$90

Instructor:Halo Dance Studio

344125 Wisconsin Place CC 1/10 Th 6:00pm - 7:00pm

344123 Wisconsin Place CC 1/15 Tu 6:00pm - 7:00pm

344126 Germantown CC 1/15 Tu 7:15pm - 8:15pm

344127 Germantown CC 1/17 Th 7:15pm - 8:15pm

## Zumba with Zukossa Fitness

Ages 13 & Up: Zumba is a fun, aerobic dance workout that incorporates salsa, merengue, cumbia, reggaeton and other international music that works the body and lifts the spirit. The Zukossa Fitness team, lead by Janet Awokoya, infuses various African and Caribbean dance movements for an even greater, dynamic workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Burn 400-1000 calories in one hour! For more information contact Janet Awokoya at: [zumbawithjanet@gmail.com](mailto:zumbawithjanet@gmail.com)

7 Sessions \$70

Instructor:Zukossa Fitness Team

343965 Schweinhaut SC 1/7 M 7:30pm - 8:30pm

9 Sessions \$90

Instructor:Zukossa Fitness Team

343967 East County CC 1/8 Tu 6:00pm - 7:00pm

343966 Schweinhaut SC 1/9 W 7:30pm - 8:30pm

# ACT <sup>THE</sup> WORKOUT

## AEROBIC CONDITIONING AND TONING

### 3 Month Pass

ACT provides a vigorous, easy to follow coed class for ages 16 & up.  
Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness.  
Program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes available for 12, 18, 24, and 36 classes - your choice!

Pass is valid for 3 months from the first class attended

Take your access card and receipt to any class location and check-in with front desk staff

Registration begins November 12, 2012

Location	Days	Times:
Wheaton CC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CC	M, W	5:00pm-6:00pm
Praisner CC	M, W	7:00pm-8:00pm
Potomac CC	T, Th	7:00pm-8:00pm
Wheaton CC	Sa	9:00am-10:00am
Wheaton CC	Su	9:30am-10:30am

ACT- 36 Passes- \$189.00

ACT- 24 Passes- \$132.00

ACT- 18 Passes- \$103.50

ACT- 12 Passes- \$72.00



### Registering Has Never Been Easier!

Look For the New ACT Pass Online at  
[recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov)

1. On RecWeb, Click on the Membership/ Passes Tab.



2. Select ACT, Choose Your Pass Amount, & Click Add



3. Begin Checkout. It Is That Easy!

## AEROBIC EXERCISE

### Better Bodies by Jerry

Adults: This fun, effective and safe workout is designed for everyone (co-ed) and incorporates some Zumba, kickboxing and traditional aerobic moves. Participants will burn fat, tone muscles and strengthen bones - all while having FUN! This is a low impact, high energy workout, so bring a mat, hand weights and a resistance band. This class includes warm-up, cardio, strength training and a relaxing cool-down. For questions please contact [GettingFitwithJerry@comcast.net](mailto:GettingFitwithJerry@comcast.net).

8 Sessions \$56  
Instructor: Jerry Palazzo  
343998 Churchill, Winston HS 1/15 Tu 5:45pm - 6:45pm  
343999 Churchill, Winston HS 1/17 Th 5:45pm - 6:45pm

### Dynaerobics

Ages 16 & up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

18 Sessions \$126  
Instructor: Lee Berry  
344116 Wyngate ES 1/7 M, W 6:00pm - 7:00pm  
Instructor: Nancy Dameron  
344117 Cloverly ES 1/7 M, W 6:30pm - 7:30pm  
Instructor: Gail Oring  
344118 Bauer Drive CC 1/8 Tu, Th 6:00pm - 7:00pm

### Dynaerobics and Body Sculpting

Ages 16 & up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30 min of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

9 Sessions \$79  
Instructor: Regina Gaither  
344119 Bauer Drive CC 1/12 Sa 10:15am - 11:30am

### Jazzmatazz Aerobics Light

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (moderate level low impact aerobic dancing) along with muscular strength & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

9 Sessions \$63  
Instructor: Betsy Saunders  
344352 Bauer Drive CC 1/8 Tu 9:30am - 10:30am  
344353 Bauer Drive CC 1/10 Th 9:30am - 10:30am

### Jazzmatazz Low Impact Aerobics

Ages 16 & Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday & Thursday to achieve the best results.

9 Sessions \$63  
Instructor: Betsy Saunders  
344350 Wheaton CC 1/8 Tu 7:15pm - 8:15pm  
344351 Wheaton CC 1/10 Th 7:15pm - 8:15pm

### Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat; 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at (240)-207-3091.

10 Sessions \$63  
Instructor: Karin Baker  
344042 Potomac CC 1/11 F 9:00am - 10:00am

### Kelley's Complete Fitness Workout

Ages 13 & Up: A safe, effective co-ed program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions contact Pam at: 301-774-6342

7 Sessions \$59  
Instructor: Pamela Kelley  
343448 Wheaton CC 1/7 M 9:15am - 10:30am  
343452 Longwood CC 1/7 M 7:15pm - 8:30pm

9 Sessions \$75  
Instructor: Pamela Kelley  
343450 Bauer Drive CC 1/9 W 9:10am - 10:25am  
343451 Longwood CC 1/9 W 7:15pm - 8:30pm  
343449 Wheaton CC 1/10 Th 9:15am - 10:30am

### Movin' with Millie: Aerobics & Exercise

Ages 16 & Up: Set to positive, upbeat music, Movin' with Millie: Aerobics and Exercise is a unique exercise experience, beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercises for toning hips, thighs, abdominals, and gluteals. Program provides flexibility, endurance, and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions: call Millie at 301-588-3577 or email at [mtrimble3@juno.com](mailto:mtrimble3@juno.com).

9 Sessions \$69  
Instructor: Mildred Norwood Trimble  
344357 Pilgrim Hills Local Park 1/16 W 9:30am - 10:45am  
344358 Pilgrim Hills Local Park 1/18 F 9:30am - 10:45am



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## MEDITATION

### *Meditation and Qigong for Health*

Ages 16 & Up (Children ages 13-15 permitted with parent or guardian who also takes the class): Learn the secrets of Qigong and Meditation in this special class. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate your energy. We will use selected Qigong movements to gently stretch and strengthen the body. You will find something here to deepen your practice and enrich your life. This class will feature a gentle workout. No experience required. Class taught by TCCII Instructors. For more information contact TCCII at [info@tccii.com](mailto:info@tccii.com).

9 Sessions \$108

Instructor: Traditional Chinese Culture Institute

343951	Wisconsin Place CC	1/8	Tu	7:30pm - 8:30pm
343952	White Oak CC	1/10	Th	7:30pm - 8:30pm

### *Meditation Practice*

Ages 18 & Up: For those who want to establish a regular non-denominational meditation practice. In each session, we will practice different forms of guided meditation, with short periods of silence woven through and time for reflection afterwards. Meditation techniques will include awareness of thoughts, breath, body, and words or mantras. Some meditation experience is helpful, but not required. Come join us to practice meditation in this peaceful environment. For further information please contact instructor at [joy@seeking-peace.com](mailto:joy@seeking-peace.com).

6 Sessions \$54

Instructor: Joy Rains

344039	Davis Community Library	1/17	Th	7:00pm - 8:00pm
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## MORE FITNESS & WELLNESS

### *The Dynamic Ab Challenge for Youth and Adults*

Youth ages 6-15 and Adult ages 16 & Up: Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximize athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions call Larry Johnson at: 240-424-1306 or email at [Johnson-L@hotmail.com](mailto:Johnson-L@hotmail.com)

8 Sessions \$50

Instructor: Larry Johnson

344346	Bethesda-CC HS	1/7	M	7:00pm - 7:45pm
344343	White Oak CC	1/8	Tu	7:00pm - 7:45pm
344344	East County CC	1/10	Th	7:00pm - 7:45pm
344345	Marilyn J. Praisner CC	1/12	Sa	12:30pm - 1:15pm



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### *Group Personal Training*

Ages 14 & Up: For Youth and Adults. Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients, and more. Instructors are Certified Trainers. Questions, call Fred Mosby at (240)552-2227 or email at: [fmosby@verizon.net](mailto:fmosby@verizon.net) or Doug Schwanke at (240) 460-2205 or [douglas.c.schwanke@cbp.dhs.gov](mailto:douglas.c.schwanke@cbp.dhs.gov)

4 Sessions

\$70

Instructor: Fred Mosby

344493	Germantown CC	1/5	Sa	11:00am - 12:00pm
344494	Germantown CC	2/2	Sa	11:00am - 12:00pm

### *HulalaFit!*

Ages 16 and Up (13-15 if accompanied by a parent or guardian): It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Go a little wild and put a new spin on your workout! Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat. For more information, email [hoopflair@hulalaFit.com](mailto:hoopflair@hulalaFit.com) or visit [www.hulalaFit.com](http://www.hulalaFit.com).

8 Sessions

\$64

Instructor: Jeanne M. Lieder

343781	Bauer Drive CC	1/10	Th	7:15pm - 8:15pm
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### **NEW HYPE!**

Ages 16 and Up (13-15 if accompanied by a parent or guardian): Finally, a workout with levels, for all levels! A high-energy mix of boxing, pilates, and body sculpt, HYPE! offers levels of each exercise from beginner to advanced. You pick your level and, when you are ready, you level up. Now you can work out at your own ability, improve your strength, endurance, balance and flexibility, and challenge yourself when the time is right for you! Weighted gloves optional. Bring a mat. Questions? Contact Jeanne@hulalaFit.com or visit [www.hypetheworkout.com](http://www.hypetheworkout.com)

8 Sessions

\$64

Instructor: Jeanne M. Lieder

343782	Bauer Drive CC	1/8	Tu	7:15pm - 8:15pm
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### *The Ultimate Boxing Boot Camp for Youth and Adults*

Youth ages 10-15 and Adult ages 16 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions call Larry Johnson at: 240-424-1306 or email at [Johnson-L@hotmail.com](mailto:Johnson-L@hotmail.com)

8 Sessions

\$83

Instructor: Larry Johnson

344337	Bethesda-CC HS	1/7	M	5:45pm - 7:00pm
344332	White Oak CC	1/8	Tu	5:45pm - 7:00pm
344333	Wheaton CC	1/9	W	5:45pm - 7:00pm
344334	East County CC	1/10	Th	5:45pm - 7:00pm
344336	Marilyn J. Praisner CC	1/12	Sa	11:15am - 12:30pm

## STRENGTH TRAINING & BODY SCULPTING

### Body Sculpt

Ages 16 & Up: Build strength, increase flexibility, and learn stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Call Instructor Karin Baker with any questions, (240) 207-3091.

8 Sessions					\$37
Instructor: Karin Baker					
344043 Damascus CC	1/7	M	5:45pm - 6:30pm		
9 Sessions					\$47
Instructor: Karin Baker					
344044 Damascus CC	1/9	W	5:45pm - 6:30pm		

### Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on abs, glutes, legs and upper body.

9 Sessions					\$73
Instructor: Sally Dimsdale					
343658 Kennedy Shriver AqCtr	1/3	Th	6:30pm - 7:20pm		
343657 Kennedy Shriver AqCtr	1/8	Tu	6:30pm - 7:20pm		

### Bone Builders - Plus

Ages 18 & Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Questions contact: GettingFit-withJerry@comcast.net.

7 Sessions					\$49
Instructor: Jerry Palazzo					
343996 Jane E. Lawton CC	1/14	M	10:00am - 11:00am		
8 Sessions					\$56
Instructor: Jerry Palazzo					
343997 Jane E. Lawton CC	1/16	W	10:00am - 11:00am		

### Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Body composition (body fat) measurements will be offered at the beginning and end of classes for free. Participants will be able to track their individual progress! Instructor ACE & CPR certified. Questions call Juliet Rodman at: 301-229-7555 or [Juliet@wellnesscorporatesolutions.com](mailto:Juliet@wellnesscorporatesolutions.com)

18 Sessions					\$126
Instructor: Juliet Rodman					
344297 Clara Barton CC	1/8	Tu, Th	6:30pm - 7:30pm		
344296 Clara Barton CC	1/8	Tu, Th	9:15am - 10:15am		

### Dynaerobics Body Sculpting

Ages 16 and Up (13-15 if accompanied by a parent or guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at [FerhanDoyle@aol.com](mailto:FerhanDoyle@aol.com)

18 Sessions					\$126
Instructor: Gina Dols					
345855 Bauer Drive CC	1/7	M, W	6:00pm - 7:00pm		

## PILATES

### Group Workout Pilates On The Ball

Ages 16 & Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 240-552-2227 or [fmosby@verizon.net](mailto:fmosby@verizon.net)

12 Sessions					\$120
Instructor: Fred Mosby					
344299 Germantown CC	1/15	Tu, Th	6:00pm - 7:00pm		

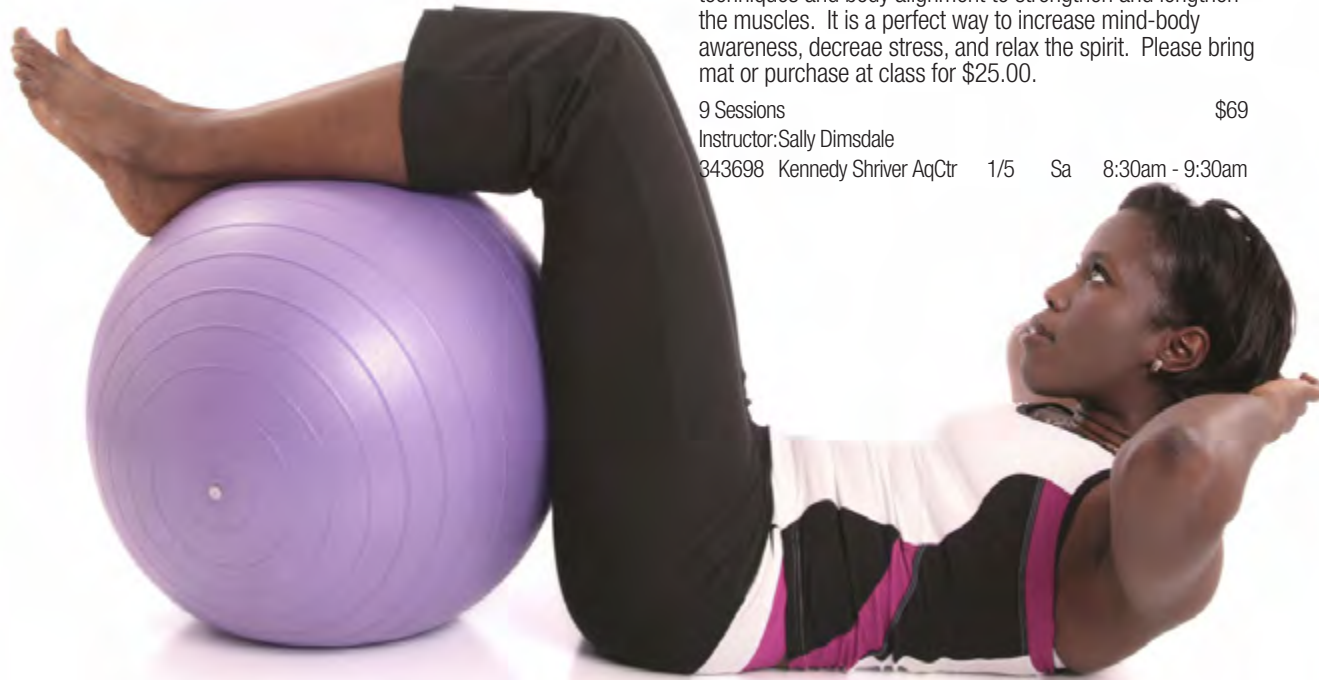
### Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions					\$69
Instructor: Sally Dimsdale					
343698 Kennedy Shriver AqCtr	1/5	Sa	8:30am - 9:30am		

*2013 is your  
year to get in  
shape!*

*Sign up for  
an exercise  
class  
today!*





## TAI CHI

### ***Tai Chi, Beginning***

Ages 16 and Up (13-15 if accompanied by a parent or guardian): An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth @ 240-676-8428

7 Sessions					\$70
Instructor: Andy Schettino					
343481 Bauer Drive CC	1/7	M	7:00pm - 8:00pm		
9 Sessions					\$90
Instructor: Andy Schettino					
343483 Potomac CC	1/8	Tu	6:45pm - 7:45pm		
Instructor: Lon Holland					
343482 Wheaton CC	1/9	W	7:00pm - 8:00pm		

### ***Tai Chi, Continuing***

Ages 16 and Up (13-15 if accompanied by a parent or guardian): Continuing Students Level II.

7 Sessions					\$70
Instructor: Andy Schettino					
343488 Bauer Drive CC	1/7	M	8:00pm - 9:00pm		
9 Sessions					\$90
Instructor: Andy Schettino					
343490 Potomac CC	1/8	Tu	7:45pm - 8:45pm		
Instructor: Lon Holland					
343489 Wheaton CC	1/9	W	8:00pm - 9:00pm		

### ***Tai Chi and QiGong for Mind-Body Connection***

Ages 16 and Up (13-15 if accompanied by a parent or guardian who also take the class): Experience Tai Chi, a special combination of Internal Kung Fu and Qigong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and Qigong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com.

9 Sessions					\$108
Instructor: Traditional Chinese Culture Institute					
343950 White Oak CC	1/10	Th	6:30pm - 7:30pm		
343949 Wisconsin Place CC	1/8	Tu	6:30pm - 7:30pm		

### ***Tai Chi***

Ages 18 & up: Beginner. Anyone with existing ailments to athletes can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more information contact Louise @ 301-528-1174 or louise2001dialogue@yahoo.com

9 Sessions					\$108
Instructor: Louise Liu					
343976 White Oak CC	1/9	W	10:30am - 11:30am		
343977 Germantown CC	1/10	Th	6:00pm - 7:00pm		

### ***Tai Chi Chuan and Qigong***

Ages 18 & Up: Continuing Students & Beginners: These exercises are low impact, so anyone with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more information contact Louise @ 301-528-1174 or louise2001dialogue@yahoo.com

9 Sessions					\$135
Instructor: Louise Liu					
343978 Jane E. Lawton CC	1/8	Tu	6:00pm - 7:15pm		
343979 Germantown CC	1/10	Th	9:30am - 10:45am		
343980 Germantown CC	1/12	Sa	9:30am - 10:45am		

### ***Tai Chi Chuan***

Ages 18 & Up: A set of naturally flowing movements performed slowly in a sequence with a spirit of calmness, balance, and awareness. It teaches ways of relaxation and is excellent for stress reduction. Regular practice develops strength and flexibility of the joints, muscles and ligaments, while enhancing the performances of the cardiovascular system with a minimum of strain on the body. Wear comfortable, loose fitting clothing and flat sole shoes. Questions contact Jack at: jrvivona@yahoo.com

8 Sessions					\$80
Instructor: Jack Vivona					
344366 Damascus CC	1/16	W	8:00pm - 9:00pm		

### ***Meditation & Qi Gong***

Ages 18 & up: Beginners. These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. The concept of qi or vital life energy is at the root of Chinese Medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. The graceful movements stretch and massage the acupuncture meridians. Therefore, Qigong is also known as 'acupuncture without the needles.' For more information contact Louise @ 301-528-1174 or louise2001dialogue@yahoo.com

9 Sessions					\$108
Instructor: Louise Liu					
343986 White Oak CC	1/9	W	11:30am - 12:30pm		



## YOGA

### Essential Yoga for Beginners

Ages 16 & Up: This is a beginning yoga class suitable for new students and students wanting a simpler class. Classes focus on the fundamentals, including posture, alignment, breath and foundational yogic concepts. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at (301) 891-1247 or [tljhealth@earthlink.net](mailto:tljhealth@earthlink.net) for further information.

9 Sessions \$90  
Instructor: Tamara Johnson  
343477 Gwendolyn Coffield CC 1/10 Th 6:00pm - 7:00pm

### Prenatal Yoga at Divine Life Yoga

Ages 16 & Up: Honor yourself and the life within. Instruction includes: breathing and relaxation techniques; stretching and toning muscle groups used during labor and delivery; techniques to relieve lower back pain; posture awareness; and visualization techniques that connect you with the life within. Wear comfortable clothing. You do not need to bring a mat or pillows to class. All equipment is provided. For more information, you can contact Hillary Blackton at 301-924-5164 or [hillary@divinelifeyoga.com](mailto:hillary@divinelifeyoga.com)

10 Sessions \$150  
Instructor: Hillary Blackton  
343479 Divine Life Yoga Studio 1/9 W 7:30pm - 9:00pm

### Easy Yoga with Moira Martin

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing. Questions call Moira at 301-493-9065.

9 Sessions \$130  
Instructor: Moira Martin  
343995 Jane E. Lawton CC 1/10 Th 9:30am - 10:45am

### Gentle Yoga

Ages 16 & Up (14-15 if accompanied by a parent or guardian): For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) [Irene54@aol.com](mailto:Irene54@aol.com) or (Linda Lazarus) at: [lindalazarus@starpower.net](mailto:lindalazarus@starpower.net)

9 Sessions \$90  
Instructor: Irene Bopp  
344017 Bauer Drive CC 1/8 Tu 6:15pm - 7:15pm

### Hatha Yoga and Stress Management

Age 18 & Up: Beginner. Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

9 Sessions \$90  
Instructor: Suzana Cooper  
343737 Jane E. Lawton CC 1/11 F 10:45am - 11:45am

### Hatha Yoga and Stress Management 2

Age 18 & Up: Intermediate/Advanced. Prerequisite-beginner class with Cooper.

9 Sessions \$108  
Instructor: Suzana Cooper  
343738 Jane E. Lawton CC 1/11 F 9:30am - 10:45am

### Hatha Yoga and Stress Management

#### Beg/Con

Age 18 & Up: Continuing Students & Beginners. Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

9 Sessions \$108  
Instructor: Suzana Cooper  
343740 Jane E. Lawton CC 1/9 W 9:30am - 10:45am  
343739 Wisconsin Place CC 1/12 Sa 9:45am - 11:00am

### Yoga for Stress Relief

Ages 16 & Up: Beginning and continuing students are welcome. Give yourself a mid-week treat with this class through the practice of yoga postures, breathing awareness and techniques for calming and focusing your mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor Hannah Leatherbury, at [Hannah@HannahLeatherbury.com](mailto:Hannah@HannahLeatherbury.com) or 770-712-3179 for further information.

9 Sessions \$126  
Instructor: Hannah E. Leatherbury  
343963 Long Branch CC 1/9 W 6:30pm - 7:45pm

### Vini Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

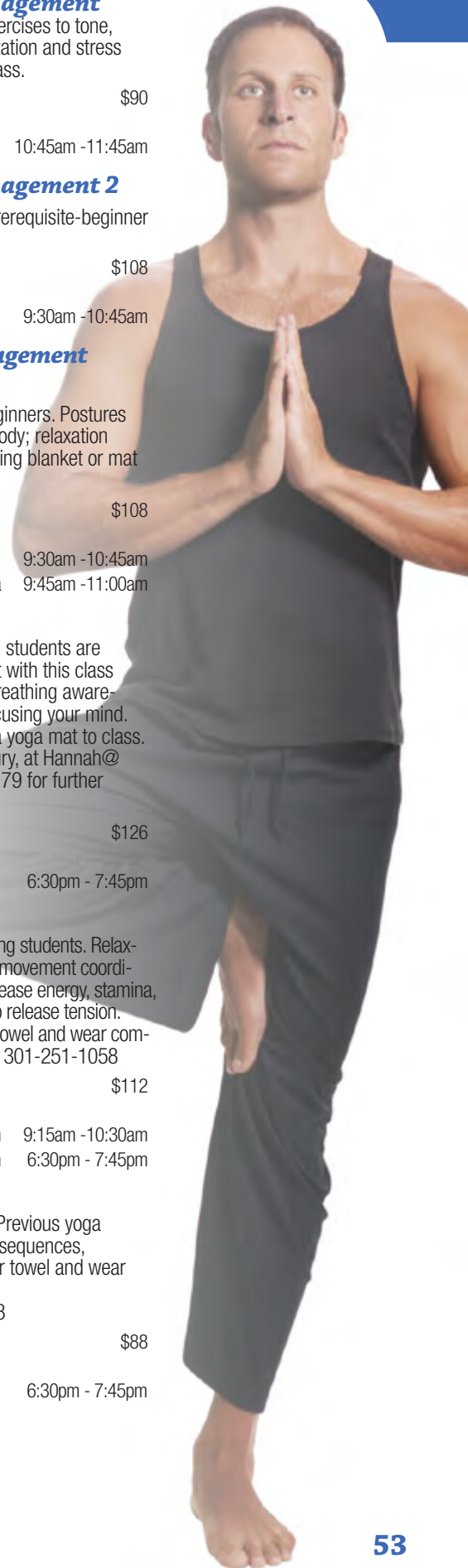
9 Sessions \$112  
Instructor: Pat Miller  
343987 Potomac CC 1/17 Th 9:15am - 10:30am  
343988 Potomac CC 1/17 Th 6:30pm - 7:45pm

### Vini Yoga Intermediate

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing.

Questions contact Pat at: 301-251-1058

7 Sessions \$88  
Instructor: Pat Miller  
343994 Potomac CC 1/14 M 6:30pm - 7:45pm





## YOGA continued

### Vini Easy Going Yoga

For Seniors and All Others 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058.

9 Sessions \$112  
Instructor: Pat Miller  
343989 Potomac CC 1/17 Th 10:45am - 12:00pm

### Yoga Basics

Ages 16 & Up (14-15 if accompanied by a parent or guardian): Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket and blocks and straps. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) irene54@aol.com

9 Sessions \$90  
Instructor: Irene Bopp  
344006 Bauer Drive CC 1/8 Tu 7:30pm - 8:30pm  
344009 Mid County CC 1/9 W 7:00pm - 8:00pm  
344007 Marilyn J. Praisner CC 1/10 Th 10:30am - 11:30am  
344008 Marilyn J. Praisner CC 1/10 Th 7:00pm - 8:00pm  
344010 White Oak CC 1/10 Th 12:30pm - 1:30pm

### Evening Yoga

Ages 18 & Up: For beginning and continuing students. Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breathing awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

9 Sessions \$90  
Instructor: Robin Morris  
343961 Wisconsin Place CC 1/9 W 6:15pm - 7:15pm

### Yoga for Relaxation

Ages 18 & Up: For beginning and continuing students. Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breathing awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com

9 Sessions \$90  
Instructor: Robin Morris  
343956 Wisconsin Place CC 1/9 W 9:30am - 10:30am

### Yoga Fundamentals

Ages 16 & Up: For beginning and continuing students. Enjoy a balanced practice with benefits for your body, mind and spirit. Stretch and tone muscle, release chronic tension, de-stress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: info@yogatribes.us

9 Sessions \$115  
Instructor: Yoga Tribe LLC  
343480 Bauer Drive CC 1/8 Tu 10:45am - 12:00pm

### Mixed-Level Vinyasa Flow Yoga

Ages 16 & Up: This class is designed to challenge and inspire you. Emphasizing the connection between mind, body, and breathing. Movement from one pose to the next follows the breathing, resulting in a smooth, flowing practice that develops strength, flexibility, endurance and balance. Prior yoga experience is recommended. Wear comfortable clothing and bring a yoga mat to class. Questions, please contact Kirsten Norris at sten15@yahoo.com

6 Sessions \$60  
Instructor: Kirsten E. Norris  
344431 White Oak CC 1/9 W 12:00pm - 1:00pm

### **NEW** Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. It will address the needs of anyone who experiences body stiffness or pain, including runners and desk-bound workers. The techniques, learned once, are to be used at home or office. Participants are provided with one body massage ball and a material fee of \$22 paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. The location: Potomac Methodist Church, 9908 South Glen Road. For more information call Maggie 301-365-2424, email Maggie@yogaplus.com or visit her website at: www.yogaplus.com

1 Sessions \$40  
Instructor: Maggie Wong  
345908 Yoga Plus - Potomac 1/13 Su 3:00pm - 5:00pm  
345909 Yoga Plus - Potomac 2/3 Su 3:00pm - 5:00pm

### Yoga & Free Weights

Ages 16 & Up: Yoga & Weights: Hatha Yoga and Free Weights. Yoga postures and movements for core muscle strengthening, flexibility, balance and relaxation; and weights for upper body toning. This is a mixed level class; the class is adjusted to meet the abilities and needs of the participants. Class location: Carderock Clubhouse, 8200 Hamilton Spring Ct., Bethesda. For more information please call Maggie Wong 301-365-2424, email maggie@yogaplus.com or visit www.yogaplus.com

9 Sessions \$135  
Instructor: Maggie Wong  
345905 Yoga Plus - Bethesda 1/8 Tu 9:00am - 10:30am  
345906 Yoga Plus - Bethesda 1/10 Th 9:00am - 10:30am

**NEW Yoga-Workshop for Scoliosis**

**Ages 8 & Up:** This workshop is designed for people with scoliosis, back pain, posture issues and desk-bound sedentary workers. The workshop will address core muscle strength (abs and lower back) and employ stretches and movements tailored to scoliosis (and other back issues) that are essential for supporting the back and improving range of motion. The instruction includes exercises for strengthening the body's natural spinal support structures; addressing inflexibility and pain, stretching using a bar; and calming the mind. A segment of this class employs the use of the Body Massage Ball which is self-help tool to relieve tension and promote relaxation. Participants are provided with one body massage ball. Material fee of \$22 due to instructor. Please wear non-restrictive clothing and bring a water bottle to class. The location: Potomac Methodist Church, 9908 South Glen Road. For more information call Maggie 301-365-2424, email [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit her website at: [www.yogaplus.com](http://www.yogaplus.com)

1 Sessions \$40  
 Instructor: Maggie Wong  
 345910 Yoga Plus – Potomac 1/27 Su 3:00pm - 5:00pm  
 345911 Yoga Plus – Potomac 2/24 Su 3:00pm - 5:00pm

**Yoga for Scoliosis & Healthy Back**

**Ages 16 & Up:** The instructor, Maggie Wong, knows yoga's healing potential first hand. Diagnosed with scoliosis as a teenager, she uses yoga to manage her condition and to help others. The class is dedicated to strengthening the core muscles (abs and lower back) that are essential for supporting the back. People with scoliosis, back pain, posture issues or desk-bound computer users will benefit from this class. Instruction includes simple exercises for strengthening the body's natural back support structures, addressing inflexibility and pain, and calming the mind. A segment of this class employs the Body Massage Ball, which is a home-based self massage tool to relieve tension and promote relaxation. Wear non-restrictive clothing and bring a yoga mat to class. Class location: Potomac Methodist Church, 9908 South Glen Road. For more information please call Maggie Wong 301-365-2424, email [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit website at: [www.yogaplus.com](http://www.yogaplus.com)

9 Sessions \$135  
 Instructor: Maggie Wong  
 345907 Yoga Plus – Potomac 1/10 Th 7:30pm - 9:00pm

**YOUTH****Baton 1 Beginner**

**Ages 4-10:** Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor. However, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: [zipjld@aol.com](mailto:zipjld@aol.com).

6 Sessions \$50  
 Instructor: Julie Duda  
 345297 Clemente, Roberto MS 1/7 M 5:30pm - 6:15pm  
 345300 Brooke Grove ES 1/8 Tu 5:30pm - 6:15pm  
 345298 Damascus CC 1/9 W 4:45pm - 5:30pm  
 345299 Germantown CC 1/10 Th 4:30pm - 5:15pm

**NEW The Total Girl**

**Ages 11-14:** The Total Girl is an enrichment program for girls that will transform their minds, train their bodies, and take control of their lives. A combination of lessons in exercise, nutrition and positive body image. Participants will begin each class with a series of fun cardiovascular routines that includes; zumba, move your body, run the world, wobble dance and more. Immediately following the energetic workouts the girls will stretch and participate in interactive health education lessons. The topics include nourishing your body, my fitness plan, and what I like about me. At the end of each session the students will relax as they enjoy guided meditation and positive affirmations. Students will receive their own personal binder for the lessons. The girls will leave the class with new friends that are dedicated towards living healthy lifestyles. At the end of the 8 weeks session's students will earn a certification of completion. Within walking distance of middle schools. For more information contact Lynette @ 443-558-83-42 or [LBHealthPro@gmail.com](mailto:LBHealthPro@gmail.com)

8 Sessions \$110  
 Instructor: Lynette Burrell  
 343776 Germantown CC 1/15 Tu 3:15pm - 4:15pm  
 343777 Bauer Drive CC 1/16 W 3:15pm - 4:15pm  
 343778 Mid County CC 1/17 Th 3:15pm - 4:15pm  
 343779 Damascus CC 1/18 F 3:15pm - 4:15pm

**Kids Yoga with Kirsten**

**Ages 7-12:** Yoga is a great way for kids to connect to their bodies, boosting confidence and self-esteem. Yoga poses encourage focus and concentration as well as stretch and strengthen muscles. Yoga also teaches ways to relax, providing kids with tools and techniques to handle stress in their daily lives. Connecting breathing, mind and body, yoga both energizes and calms. Make friends, get creative, have fun playing games and take time out to relax. Wear comfortable clothing and bring a mat. Come join us! Questions, please contact Kirsten Norris at [sten15@yahoo.com](mailto:sten15@yahoo.com)

6 Sessions \$60  
 Instructor: Kirsten E. Norris  
 344433 White Oak CC 1/9 W 5:00pm - 5:45pm

**NEW Zumbatomic with Step-n-Sweat Fitness**

**Ages 9-12:** Designed exclusively for kids, Zumbatomic classes are a rocking, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. For more information contact Cherly Hicks at [chicks2@mindspring.com](mailto:chicks2@mindspring.com) or 301-642-0612.

9 Sessions \$90  
 Instructor: Step-n-Sweat  
 343974 Marilyn J. Praisner CC 1/8 Tu 4:30pm - 5:30pm





*Martial Arts classes are a great way to help your child develop focus and confidence.*

## MARTIAL ARTS

### AIKIDO

#### Aikido Beginning

Ages 12 & Up: Beginner/Intermediate. A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

8 Sessions \$71  
Instructor: William Fairweather  
343948 Ross Boddy CC 1/7 M 7:00pm - 8:30pm

#### Aikido Continuing

Ages 12 & Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

9 Sessions \$99  
Instructor: William Fairweather  
343985 Ross Boddy CC 1/9 W 7:00pm - 9:00pm

### KENDO

#### Kendo

Ages 12 & Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email: tsir.office@verizon.net

8 Sessions \$69  
Instructor: Shiro Shintaku  
344003 Tilden MS 1/17 Th 7:00pm - 8:00pm

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## KARATE/JUJITSU

### Karate/Jujitsu

Ages 6-12: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. \*All locations accept Beginning through Advanced students. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC & Dufief ES, Fallsmeade. Beginners may attend the later time at all other sites.

9 Sessions \$49  
Instructor: Company Staff: TKA, Inc.

343454 Longwood CC	1/7	M	7:00pm - 8:00pm
343455 Upper County CC	1/7	M	6:00pm - 7:00pm
343456 Upper County CC	1/7	M	7:00pm - 8:00pm
343457 Wheaton CC	1/7	M	7:00pm - 8:00pm

10 Sessions \$54  
Instructor: Company Staff: TKA, Inc.

343458 Germantown CC	1/8	Tu	6:00pm - 7:00pm
343459 Germantown CC	1/8	Tu	7:00pm - 8:00pm
343460 Damascus CC	1/9	W	6:00pm - 7:00pm
343461 Damascus CC	1/9	W	7:00pm - 8:00pm
343462 Bauer Drive CC	1/9	W	6:00pm - 7:00pm
343463 Bauer Drive CC	1/9	W	7:00pm - 8:00pm
343464 Potomac CC	1/9	W	6:30pm - 7:30pm
343465 Resnik, Judith A. ES	1/9	W	6:00pm - 7:00pm
343466 Resnik, Judith A. ES	1/9	W	7:00pm - 8:00pm
343467 Clara Barton CC	1/9	W	7:00pm - 8:00pm
343468 Montgomery Village MS	1/9	W	7:00pm - 8:00pm
343495 Montgomery Village MS	1/9	W	6:00pm - 7:00pm
343469 Marilyn J. Praisner CC	1/10	Th	6:00pm - 7:00pm
343470 Marilyn J. Praisner CC	1/10	Th	7:00pm - 8:00pm
343471 DuFief ES	1/10	Th	6:00pm - 7:00pm
343472 DuFief ES	1/10	Th	7:00pm - 8:00pm
343473 Poole, John MS	1/10	Th	7:00pm - 8:00pm
343474 Rolling Terrace ES	1/10	Th	6:00pm - 7:00pm
343475 Rolling Terrace ES	1/10	Th	7:00pm - 8:00pm
343476 Bethesda ES	1/10	Th	7:00pm - 8:00pm

### Karate Do and Iaido Beginners

Ages 6-13: Tuesdays. Ages 16 & up: Thursdays. Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

8 Sessions \$49  
Instructor: Salvador Cortes

343837 Kensington-Parkwood ES	1/8	Tu	7:00pm - 8:00pm
343838 Kensington-Parkwood ES	1/10	Th	7:00pm - 8:00pm

**Karate Do and Iaido II Intermediate**

Ages 10 and Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at [bskofmc@gmail.com](mailto:bskofmc@gmail.com)

8 Sessions \$49  
 Instructor: Salvador Cortes  
 343841 Kensington-Parkwood ES 1/8 Tu 8:00pm - 9:00pm

**Karate/Jujitsu Adults**

Ages 13-Adult: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

9 Sessions \$64  
 Instructor: Company Staff: TKA, Inc.

343499 Upper County CC 1/7 M 8:00pm - 9:30pm  
 343500 Wheaton CC 1/7 M 8:00pm - 9:30pm

10 Sessions \$71  
 Instructor: Company Staff: TKA, Inc.

343501 Germantown CC 1/8 Tu 8:00pm - 9:30pm  
 343502 Damascus CC 1/9 W 8:00pm - 9:30pm  
 343503 Bauer Drive CC 1/9 W 8:00pm - 9:30pm  
 343504 Potomac CC 1/9 W 7:30pm - 9:00pm  
 343505 Montgomery Village MS 1/9 W 8:00pm - 9:30pm  
 343506 Bethesda ES 1/10 Th 8:00pm - 9:30pm  
 343507 Marilyn J. Praisner CC 1/10 Th 8:00pm - 9:30pm  
 343508 DuFief ES 1/10 Th 8:00pm - 9:30pm  
 343509 Rolling Terrace ES 1/10 Th 8:00pm - 9:30pm

**Karate/Jujitsu Club**

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

10 Sessions \$34  
 Instructor: Company Staff: TKA, Inc.  
 343511 Holiday Park SC 1/11 F 7:00pm - 8:00pm

**Karate/Jujitsu Club 2**

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

10 Sessions \$45  
 Instructor: Company Staff: TKA, Inc.  
 343513 Holiday Park SC 1/11 F 8:00pm - 9:00pm

**Kempo Karate Dragons**

Ages 5-8: Our typical 45-minute martial arts class focuses on what we believe is the essence of martial arts: self-discipline and respect. We do this by helping your child build the self-confidence they will need for school and for the rest of their life. How do we make that happen? By combining fun with a traditional approach to martial arts! Concentration: We break down each step of the learning process into easy and enjoyable activities. Motor Skills: Classes are designed to increase a child's balance, coordination and endurance. Safety: Our dojo master, Kyoshi Polander is a 7th degree black belt and insists on supervising all children's classes. In addition, two adult black belt instructors are always on the floor helping the kids during each class. Peer Groups: Your child will learn with other karate students who are the same age they are and with students who are at the same skill level they are.

9 Sessions \$120  
 Instructor: Academy Polander  
 344133 Polander Academy 1/15 Tu 5:15pm - 6:00pm

**Kempo Karate Little Dragons**

Ages 3-5: Children who participate in the program show significant improvement in concentration, coordination, balance and social skills. We teach the basics of karate through a series of games and activities so the students look forward to each class. In addition, we always stress the importance of our Little Dragon Secret Codes (please, thank-you, never give up, listen to parents & teachers, and avoid fighting). We will provide a new karate belt and certificate each time the kids pass their test.

9 Sessions \$120  
 Instructor: Academy Polander  
 344134 Polander Academy 1/16 W 10:30am - 11:15am

**Kung Fu Open Practice-Shaolin**

Ages 16 & Up (13-15 if accompanied by a parent or guardian): For students enrolled in the Tuesday Basics class, you can get in another Shaolin workout every week! During this open practice session with the instructor and fellow students, you will continue to sharpen the basics you have already learned. No additional skills will be taught during open practice.

9 Sessions \$63  
 Instructor: Bess Siegal  
 343848 Cabin John MS 1/9 W 8:30pm - 9:30pm

**Kung Fu Basics-Shaolin**

Ages 16 & Up (13-15 if accompanied by a parent or guardian): Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting -- for example, running shoes NOT recommended). Instructor is a disciple of 34th generation Shaolin Temple monk, Shifu Shi Yan Ming, founder and abbot of the USA Shaolin Temple in New York.

9 Sessions \$63  
 Instructor: Bess Siegal  
 343847 Cabin John MS 1/8 Tu 8:30pm - 9:30pm



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## TINY TOTS

### ARTS AND CRAFTS

#### Sunday Studio with CREATE

Age 4-6: Young Artist's Studio, Kids will explore a variety of media in this beginner class that encourages and focuses their natural interest in drawing, painting, and sculpture. Shape, texture, and color will be explored through two and three-dimensional forms. Our artists may be young in this studio class, but we have plenty of room for great big creative ideas! Artists will explore color, shape, and texture through two and three-dimensional projects. Over the course, students will work with pencil, marker, paint, clay, paper and recycled materials. A \$20 material fee is due to instructor at first class.

8 Sessions \$110  
Instructor: Create Art Center  
344355 Create Arts Center 1/20 Su 10:00am - 11:00am

#### Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$25 materials fee due to instructor. Adult participation required.

7 Sessions \$67  
Instructor: Abigail Dion  
344029 Germantown CC 1/22 Tu 10:15am - 11:00am  
344031 Germantown CC 1/23 W 10:15am - 11:00am  
344032 Bauer Drive CC 1/23 W 10:15am - 11:00am  
344028 Mid County CC 1/25 F 10:15am - 11:00am  
344036 Potomac CC 1/25 F 10:15am - 11:00am  
344037 Bauer Drive CC 1/26 Sa 9:15am - 10:00am  
344038 Germantown CC 1/26 Sa 10:15am - 11:00am  
344027 Potomac CC 1/28 M 10:15am - 11:00am

#### Young Rembrandts for Tiny Tots

Ages 3½-5: Let Young Rembrandts help prepare your preschooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. We provide a nurturing and strong learning environment that expands preschoolers image vocabulary as they draw familiar images. Each session contains all new lessons. Adult participation not required.

6 Sessions \$68  
Instructor: Jacqueline Neidinger Young Rembrandts  
344022 Germantown CC 1/28 M 10:15am - 11:00am  
344023 Wheaton CC 1/29 Tu 10:15am - 11:00am  
344025 Potomac CC 1/31 Th 10:15am - 11:00am

#### Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

7 Sessions \$70  
Instructor: Joan E. Clowes  
343943 Longwood CC 1/7 M 10:15am - 11:00am  
8 Sessions \$80  
Instructor: Joan E. Clowes  
343954 Jane E. Lawton CC 1/8 Tu 10:00am - 10:45am  
343955 Jane E. Lawton CC 1/8 Tu 11:00am - 11:45am  
343945 Potomac CC 1/9 W 10:00am - 10:45am  
343946 Potomac CC 1/9 W 11:00am - 11:45am  
343947 Wisconsin Place CC 1/11 F 10:00am - 10:45am  
343953 Wisconsin Place CC 1/11 F 11:00am - 11:45am

## DANCE

#### Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required, based on your child's needs. There is no dress code required for the class.

7 Sessions \$56  
Instructor: Grace Oleson  
344132 White Oak CC 1/7 M 3:30pm - 4:15pm  
9 Sessions \$72  
Instructor: Grace Oleson  
344000 Potomac CC 1/8 Tu 3:30pm - 4:15pm  
344001 Germantown CC 1/9 W 3:30pm - 4:15pm  
344002 Wheaton CC 1/10 Th 3:30pm - 4:15pm

#### Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

9 Sessions \$81  
Instructor: Betsy Saunders  
344232 Long Branch CC 1/12 Sa 10:15am - 11:00am

#### Bollywood for Tots

Ages 1½-3 and 3-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning Sound track 'Jai Ho' from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334. Ages 1.5-3 class at 11:15am only and ages 3-5 class at 5:30pm only.

8 Sessions \$96  
Instructor: Kumud Mathur  
Ages 3-5  
344237 Potomac CC 1/15 Tu 5:30pm - 6:15pm  
Ages 1½-3  
344236 Potomac CC 1/17 Th 11:15am - 12:00pm



# MUSIC

## Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

7 Sessions \$93

Instructor: Golden School of Music

344657 Germantown CC 1/7 M 10:15am -11:00am

344675 Golden School of Music 1/7 M 10:15am -11:00am

344661 Wheaton Regional Library 1/7 M 10:30am -11:15am

9 Sessions \$120

Instructor: Geiza Dourado

344664 Wisconsin Place CC 1/8 Tu 10:15am -11:00am

344666 Golden School of Music 1/9 W 10:15am -11:00am

344667 Marilyn J. Praisner CC 1/9 W 10:15am -11:00am

344668 Upper County CC 1/10 Th 10:15am -11:00am

344669 Gwendolyn Coffield CC 1/11 F 10:00am -10:45am

344671 Potomac CC 1/11 F 10:15am -11:00am

344673 Golden School of Music 1/12 Sa 10:00am -10:45am

344674 Longwood CC 1/12 Sa 11:15am -12:00pm

## Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

7 Sessions \$126

Instructor: Golden School of Music

344677 Golden School of Music 1/7 M 12:45pm - 1:45pm

9 Sessions \$162

Instructor: Golden School of Music

344678 Golden School of Music 1/10 Th 4:00pm - 5:00pm

344680 Golden School of Music 1/12 Sa 11:00am -12:00pm

## Music Together - Montgomery

Ages 0-5: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to [www.musictogethermontgomery.com](http://www.musictogethermontgomery.com) or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must be registered. Please call 240-777-6870 to let us know you plan to bring a sibling.

7 Sessions \$125

Instructor: Nancy Nuttle

344348 White Oak CC 1/7 M 10:15am -11:00am

8 Sessions \$145

Instructor: Nancy Nuttle

344238 Mid County CC 1/8 Tu 10:15am -11:00am

344239 Mid County CC 1/8 Tu 11:15am -12:00pm

344240 Wheaton-Claridge Park 1/9 W 9:30am -10:15am

344241 Wheaton-Claridge Park 1/9 W 10:30am -11:15am

344242 Mid County CC 1/12 Sa 10:15am -11:00am

344243 Mid County CC 1/12 Sa 11:15am -12:00pm

## Music Together with Miri

Ages 0-5: As a family in one of our classes, you and your child will have the opportunity to play musically each week under the guidance of one of our early childhood music specialists. Wiggling, singing, and laughing with your child is so much fun! Each weekly class includes finger plays, singing, chanting, props, small and large movement activities, instrument exploration, play-along jam and free dance. Young children learn through play and experimentation and by watching and listening to the grownups they love. Parents don't need to have music skills-they just need a desire to play and have fun with their children! Award-winning Music Together CDs and Songbook are required for each family at a cost of \$43 payable by cash or check to Music Together with Miri and are due to the instructor at the first class. For more information, go to [www.mtwithmiri.com](http://www.mtwithmiri.com) or call the instructor at (301)758-0304. Infants under 8 months may attend free with a paying sibling, but must be registered.

8 Sessions \$124

Instructor: Miri Frenkel-Yacubovich

344011 Longwood CC 1/8 Tu 10:15am -11:00am

344004 Damascus CC 1/9 W 10:15am -11:00am





## MORE TINY TOTS

### *Creative Kids*

Ages 3-5: Creative Kids is an innovative and dynamic literature based drama program. A professional actor/teacher leads the class in exploring and dramatizing specially selected children's stories. The students then create and act out their own original stories based on these books. These stories come from all over the world and are carefully chosen for each age group. Creative Kids introduces students to acting, increases their love of books, and is loads of fun - a perfect mix for a great enrichment program!

7 Sessions \$89  
 Instructor: Creative Kids  
 344397 Wisconsin Place CC 1/8 Tu 10:00am - 10:45am  
 344435 Wheaton CC 1/7 M 9:15am - 10:00am  
 344436 Mid County CC 1/10 Th 10:15am - 11:00am

### *Little Scientists: Beakers and Brushes*

Ages 3-6: Bring your preschooler to this unforgettable workshop where he/she will explore the world of art and science using the natural way kids learn; imagination, exploration, and creation. In Beakers and Brushes, quality children's literature will guide us as we engage in chemistry and art activities. Children will participate in several chemistry experiments to answer questions about their environment. Children will learn the process of art by tactile exploration. \$20 material fee due to instructor. Parent participation not required. Log on to scribblesandworks.com for more information.

6 Sessions \$90  
 Instructor: Krystal Spears, T.C.I.G Works  
 344487 Bauer Drive CC 1/9 W 2:30pm - 3:30pm  
 6 Sessions \$135  
 Instructor: Krystal Spears, T.C.I.G Works  
 344021 Jane E. Lawton CC 2/4 M 10:00am - 11:30am  
 344012 White Oak CC 2/7 Th 10:00am - 11:30am  
 344014 Germantown CC 2/7 Th 4:00pm - 5:30pm

### *NASA: Future Academy of Space Explorers*

Ages 3½-5: Mad Science and NASA have teamed up to bring the excitement and wonder of space down to earth in the NASA Academy of Future Space Explorers after school program. This is your chance to explore the farthest reaches of our solar system! Become a rocket scientist as you build your very own model rocket and discover the science behind space travel as you watch it blast off. Experience how it feels to work in space as you and your crew team up to build a model space station. Take home projects include Skyblazer II Rocket, Shuttle Copter, Lightning Launcher, Keplers Cube and more!

A \$30 Materials fee is due to instructor at the first class.

6 Sessions \$119  
 Instructor: Mad Science  
 344394 Potomac CC 1/17 Th 3:00pm - 3:50pm  
 344395 White Oak CC 1/18 F 3:00pm - 3:50pm

## PERFORMING ARTS

### *Act It Out*

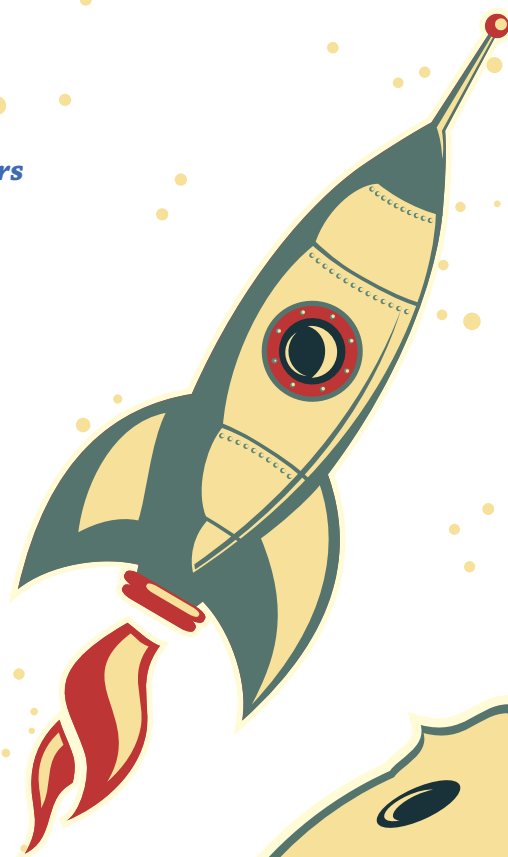
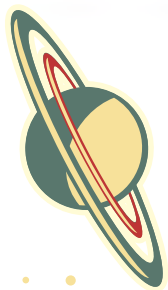
Ages 4-6: Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

8 Sessions \$95  
 Instructor: Pooja Chawla  
 343992 Ross Boddy CC 1/15 Tu 4:45pm - 5:30pm  
 343991 Jane E. Lawton CC 1/19 Sa 11:15am - 12:00pm  
 343990 Potomac CC 1/20 Su 2:45pm - 3:30pm

### *Little Stars*

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. Each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due at the first class.

8 Sessions \$95  
 Instructor: Pooja Chawla  
 343982 Potomac CC 1/15 Tu 10:15am - 11:00am  
 343981 Ross Boddy CC 1/16 W 10:15am - 11:00am  
 343983 Mid County CC 1/18 F 10:30am - 11:15am  
 343984 Jane E. Lawton CC 1/19 Sa 10:15am - 11:00am



## PLAYTIME & MOVEMENT

### Itsy Bitsy Yoga

Ages 3 mos-9 mos: Meet new friends and bond with your baby in a nurturing class designed to support your baby's development. Discover new ways to improve baby's sleep, digestion, and more. No yoga experience required. Wear comfortable clothes and bring a blanket or mat. Adult participation required. Babies should be pre-walkers. Itsy Bitsy is a registered trademark of Spirit Into Life Inc. For more information about Helen Garabedian's Itsy Bitsy Yoga program, visit [www.itsybitsyyoga.com](http://www.itsybitsyyoga.com).

5 Sessions \$50

Instructor:Laura Lunking

343971 Bauer Drive CC 1/26 Sa 10:45am -11:30am

6 Sessions \$60

Instructor:Laura Lunking

343964 Bauer Drive CC 1/10 Th 10:45am -11:30am

### Mama Goose on the Loose

Ages 6 mos-36 mos: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information go to [mamagoose@verizon.net](mailto:mamagoose@verizon.net)

5 Sessions \$50

Instructor:Laura Lunking

343962 Bauer Drive CC 1/26 Sa 9:45am -10:30am

8 Sessions \$80

Instructor:Laura Lunking

343958 Bauer Drive CC 1/8 Tu 1:00pm - 1:45pm

343959 Mid County CC 1/9 W 11:00am -11:45am

343960 Bauer Drive CC 1/10 Th 9:45am -10:30am

### Funfit Tots

A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Price includes all materials. Adult participation required!

### Ages 1-2 years

7 Sessions \$77

Instructor:Funfit

344188 Wheaton CC 1/7 M 9:30am -10:15am

344189 Germantown CC 1/7 M 10:15am -11:00am

9 Sessions \$99

Instructor:Funfit

344190 Bauer Drive CC 1/8 Tu 9:30am -10:15am

344203 White Oak CC 1/8 Tu 10:15am -11:00am

344191 Potomac CC 1/9 W 9:30am -10:15am

344192 Potomac CC 1/9 W 10:15am -11:00am

344193 Jane E. Lawton CC 1/9 W 9:45am -10:30am

344204 Damascus CC 1/9 W 11:00am -11:45am

344194 Mid County CC 1/10 Th 10:15am -11:00am

344195 Wisconsin Place CC 1/10 Th 9:45am -10:30am

344196 Wisconsin Place CC 1/10 Th 10:30am -11:15am

344197 Germantown CC 1/11 F 9:30am -10:15am

344205 Jane E. Lawton CC 1/11 F 9:45am -10:30am

344200 Tilden Middle School 1/12 Sa 9:30am -10:15am

344202 QO Valley Park 1/12 Sa 9:30am -10:15am

### Ages 2-3 years

7 Sessions \$77

Instructor:Funfit

344215 Wheaton CC 1/7 M 10:15am -11:00am

344216 Germantown CC 1/7 M 11:00am -11:45am

9 Sessions \$99

Instructor:Celia Kibler

344217 Bauer Drive CC 1/8 Tu 10:15am -11:00am

344218 Potomac CC 1/9 W 11:00am -11:45am

344219 Jane E. Lawton CC 1/9 W 11:15am -12:00pm

344221 Wisconsin Place CC 1/10 Th 11:15am -12:00pm

344222 Jane E. Lawton CC 1/11 F 10:30am -11:15am

344224 Tilden Middle School 1/12 Sa 10:15am -11:00am

344223 Germantown CC 1/10 Th 10:15am -11:00am

### 18 months-4 years

9 Sessions \$99

Instructor:Funfit

344206 Bauer Drive CC 1/8 Tu 11:00am -11:45am

344211 White Oak CC 1/8 Tu 11:00am -11:45am

344207 Jane E. Lawton CC 1/9 W 10:30am -11:15am

344208 Damascus CC 1/9 W 10:15am -11:00am

344212 Mid County CC 1/10 Th 11:00am -11:45am

344209 Germantown CC 1/11 F 11:00am -11:45am

344210 QO Valley Park 1/12 Sa 10:15am -11:00am

### Funfit Tots - En Español!

Edad 18 meses-4 años: Una actividad llena de diversión que incluye juegos, canciones, cuentos, música, paracaídas, pelotas y mucho más. Un gran entrenamiento para toda la familia. Un requisito es la participación de adultos. Los niños deben estar en edad de caminar. El costo de la clase es por cada niño. El costo incluye todos los materiales.

7 Sesiones \$77

Instructor:Funfit

344213 Wheaton CC 1/7 L 11:00am -11:45am

9 Sesiones \$99

Instructor:Funfit

344214 Jane E. Lawton CC 1/11 V 11:15am -12:00pm

### FUNKY Monkeys Sports & Games

Ages: 3-5: Action packed and full of fun, kids will receive a heart-healthy workout without even knowing it! With loads of age-appropriate, non-competitive active games, such as tag, stick hockey, ball play, advanced parachute and more, kids learn to play by game rules, follow simple instruction. Class improves advance coordination, muscle tone and function, socialization, and cognitive development. Keep them growing strong and confident with Funfit! Parents welcome, but not required.

7 Sessions \$77

Instructor:Funfit

344226 Germantown CC 1/7 M 9:30am -10:15am



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## SPORTS & FITNESS

### ***Coach Doug Pre Wee Wanna Be***

Ages 18 mos-36 mos: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690

7 Sessions	\$51
Instructor:Doug Wilson, Coach Doug Academy, Inc	
344488 Jane E. Lawton CC	1/14 M 9:30am -10:15am
8 Sessions	\$59
Instructor:Doug Wilson Coach Doug Academy, Inc	
344489 Germantown CC	1/15 Tu 9:30am -10:15am
344490 Bauer Drive CC	1/16 W 9:30am -10:15am
344491 Potomac CC	1/17 Th 9:30am -10:15am
344492 Damascus CC	1/18 F 10:00am -10:45am

### ***Coach Doug Wee Wanna Be Soccer And Tennis***

Ages 3-5: COACH DOUG WEE WANNA BE SOCCER AND TENNIS is based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

7 Sessions	\$60
Instructor:Doug Wilson, Coach Doug Academy, Inc	
344537 Jane E. Lawton CC	1/14 M 11:00am -11:45am
8 Sessions	\$69
Instructor:Doug Wilson Coach Doug Academy, Inc	
344538 Germantown CC	1/15 Tu 11:00am -11:45am
344539 Bauer Drive CC	1/16 W 11:00am -11:45am
344540 Potomac CC	1/17 Th 11:00am -11:45am
344541 Damascus CC	1/18 F 11:30am -12:15pm
344542 Lakewood Es	1/19 Sa 3:30pm - 4:15pm

## 4 WAYS TO REGISTER!



**RECWEB**

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



**FAX**

240-777-6818. Processed in a secure environment.



**MAIL**

Registrar, Montgomery County Recreation,  
4010 Randolph Road, Silver Spring, MD 20902



**WALK-IN**

While you wait! Registrations will be processed at the following location:  
Recreation Administration Building  
4010 Randolph Road  
Silver Spring, MD 20902

### ***Coach Doug Wee Wanna Be***

Ages 3-5: Which Sports players do your kids pretend to be? Boys and Girls and their Moms, Dads or Guardians will be introduced to agility training, soccer, T- ball and lacrosse and other seasonal sports through supervised non competitive play sessions with their Moms, Dads, or Guardian. Each child can participate at his/her own pace. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for additional information.

7 Sessions	\$68
Instructor:Doug Wilson, Coach Doug Academy, Inc	
344507 Jane E. Lawton CC	1/14 M 10:15am -11:00am
8 Sessions	\$77
Instructor:Doug Wilson Coach Doug Academy, Inc	
344508 Germantown CC	1/15 Tu 10:15am -11:00am
344509 Bauer Drive CC	1/16 W 10:15am -11:00am
344510 Potomac CC	1/17 Th 10:15am -11:00am
344511 Damascus CC	1/18 F 10:45am -11:30am
344512 Damascus CC	1/18 F 1:30pm - 2:15pm
344513 Oakland Terrace ES	1/19 Sa 9:30am -10:15am
344514 Oakland Terrace ES	1/19 Sa 10:15am -11:00am
344515 Cold Spring ES	1/19 Sa 1:15pm - 2:00pm

### ***Coach Doug Sports School***

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T- ball, lacrosse and more. No Parent Participation required, Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

7 Sessions	\$68
Instructor:Doug Wilson, Coach Doug Academy, Inc	
344501 Jane E. Lawton CC	1/14 M 4:15pm - 5:00pm
8 Sessions	\$77
Instructor:Doug Wilson, Coach Doug Academy, Inc	
344502 Germantown CC	1/15 Tu 4:15pm - 5:00pm
344503 Potomac CC	1/17 Th 4:15pm - 5:00pm
344504 Damascus CC	1/18 F 4:15pm - 5:00pm
344505 Oakland Terrace ES	1/19 Sa 11:00am -11:45am
344506 Cold Spring ES	1/19 Sa 2:00pm - 2:45pm

### ***Coach Doug Soccer***

Ages 3-7: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions	\$77
Instructor:Doug Wilson, Coach Doug Academy, Inc	
344497 Germantown CC	1/15 Tu 5:00pm - 5:45pm
344496 Potomac CC	1/17 Th 5:00pm - 5:45pm
344498 Damascus CC	1/18 F 5:00pm - 5:45pm
344499 Oakland Terrace ES	1/19 Sa 11:45am -12:45pm
344500 Cold Spring ES	1/19 Sa 2:45pm - 3:30pm

### **Gymnastics Tumbling Format**

Ages 3-6: Beginner. Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions \$72

Instructor: Denise Schattenberg

343972 QO Valley Park 1/28 M 11:00am -11:45am

343973 Upper County CC 1/28 M 1:00pm - 1:45pm

### **Gymnastics - Parent & Child**

Ages 2-3½: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions \$130

Instructor: Gymnastics of America, Inc.

344235 Gymnastics of America 1/18 F 9:45am -10:30am

### **Gymnastics - Pre School**

Ages 4-5: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions \$130

Instructor: Gymnastics of America, Inc.

344234 Gymnastics of America 1/18 F 1:30pm -2:15pm



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County  
Recreation  
on Facebook

# RecWeb

## Online Registration ... Anytime! Anywhere!

- Check program availability
- Register for programs and memberships
- Pay your account balance using your VISA or MasterCard





## EXCITING EXTRAS

### Red Sprinkle Teen Fashion School

Ages 14 and Up: Build your own portfolio, as you learn about all things fashion! In this interactive program, students learn techniques from some of the industry's top professionals, while learning newfound skills of their own. Courses will highlight fashion styling and design, hair and makeup artistry, nail design and modeling, and class demonstrations and participation is included. Showcase your new skills at the end of the program, with a culminating presentation produced by you! \$25 material fee required. For more information, contact Red Sprinkle at [info@redsprinkle.com](mailto:info@redsprinkle.com)

8 Sessions \$160  
Instructor: Madiana Margao Red Sprinkle  
343844 Germantown CC 1/17 Th 4:00pm - 5:00pm

### Red Sprinkle Fashion School

#### Mommy and Me

Ages 4-9: Build your child's creative spirit, while bonding with them through this interactive program. Your mini fashionista will learn about fashion, hair and makeup artistry, nail design and modeling, with you right by their side! Class demonstrations are included, and parent participation is strongly encouraged. Showcase your newfound skills at the end of the program, with a culminating presentation produced by you! \$25 material fee required. For more information, contact Red Sprinkle at [info@redsprinkle.com](mailto:info@redsprinkle.com)

8 Sessions \$160  
Instructor: Madiana Margao Red Sprinkle  
343843 Damascus CC 1/12 Sa 11:30am - 12:30pm

### Red Sprinkle Pre-Teen

#### Fashion School

Ages 10-13: Build your own portfolio, as you learn about all things fashion! In this interactive program, students learn techniques from some of the industry's top professionals, while learning newfound skills of their own. Courses will highlight fashion styling and design, hair and makeup artistry, nail design and modeling, and class demonstrations and participation is included. Showcase your new skills at the end of the program, with a culminating presentation produced by you! \$25 material fee required. For more information, contact Red Sprinkle at [info@redsprinkle.com](mailto:info@redsprinkle.com).

8 Sessions \$160  
Instructor: Madiana Margao Red Sprinkle  
343846 Potomac CC 1/16 W 4:00pm - 5:00pm

### Gemology I Introductory

Ages 18 & Up: Want to know about those gems you have on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples available to examine during each class.

7 Sessions \$68  
Instructor: Timothy Morgan  
344396 Potomac CC 1/10 Th 10:00am - 12:15pm



### Gemology (Advanced)

Ages 10 and Up: Prerequisite: Beginner or Intro Class - Interested in gemstones, but already know a little something about them? Want to learn more? Curious about gemstone lore and stories? This class examines gemstones and gemstone groups. Examples and hands-on specimens available to 'play' with each morning. Perhaps a guest speaker, maybe even a field trip.

7 Sessions \$68  
Instructor: Timothy Morgan  
344393 Potomac CC 1/9 W 10:00am - 12:15pm

### Chess Wizards

Ages 5-12: Let your child be part of a successful Chess Academy. Chess Wizards is offering specifically designed classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard teachers. Our academy is so successful because our approach is so unique. Classes and lessons are based around our original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability Chess Wizards makes chess fun for all!

9 Sessions \$190  
Instructor:  
344139 White Oak CC 1/12 Sa 9:30am - 10:30am  
344140 Germantown CC 1/12 Sa 9:30am - 10:30am

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### Genealogy for Beginners

Ages 16 and Up: Genealogy for Beginners is for those who want to learn more about their ancestors but are not sure where to start. The class will help you to take the beginning steps all genealogists must take regardless of when their ancestors arrived in this country and from where they came. You will also learn about the major databases genealogists use, about free and fee based resources, how to organize and plan your work, and what DNA testing can do. We will take time to discuss the steps class members need to take on your individual family search.

7 Sessions \$70

Instructor:

344149 Mid County CC 1/9 W 7:00pm - 8:00pm

### Mad Science-NASA: Academy of Future Space Explorers

Ages 5-12: Mad Science and NASA have teamed up to bring the excitement and wonder of space down to earth in the NASA Academy of Future Space Explorers after school program. This is your chance to explore the farthest reaches of our solar system! Become a rocket scientist as you build your very own model rocket and discover the science behind space travel as you watch it blast off. Experience how it feels to work in space as you and your crew team up to build a model space station. Take home projects include Skyblazer II Rocket, Shuttle Copter, Lightning Launcher, Keplers Cube, Cosmic Chronometer and more!

6 Sessions \$119

Instructor: Mad Science

344152 Wyngate ES 1/17 Th 3:30pm - 4:30pm

344153 Potomac CC 1/17 Th 4:00pm - 5:00pm

344151 White Oak CC 1/18 F 4:00pm - 5:00pm

### Dramatic Kids!

Ages 7-10: This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter! Throughout the class, these fine actors will engage in improvisational theater, acting techniques, and scene work while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

8 Sessions \$99

Instructor: Pooja Chawla

343515 Jane E. Lawton CC 1/19 Sa 12:15pm - 1:15pm

343514 Potomac CC 1/20 Su 3:45pm - 4:45pm

### WE WANT YOU!

**Part-time Staff** are needed to lead a wide variety of activities. Become part of our team!  
Call 240-777-6840 for information.

**Contractual Instructors** are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation  
Contracts  
4010 Randolph Road  
Silver Spring, MD 20902



# The SPORTS Pages

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## INSTRUCTIONAL SPORTS

### BASKETBALL

#### One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions					\$100
Instructor:Inc One on One Basketball					
344111	Wisconsin Place CC	1/7	M	4:00pm - 5:00pm	
344115	Rosemary Hills ES	1/8	Tu	3:45pm - 4:45pm	
344112	Wayside ES	1/9	W	3:30pm - 4:30pm	
344131	McAuliffe, S. Christa ES	1/9	W	3:05pm - 4:05pm	
344109	Greenwood ES	1/10	Th	3:05pm - 4:05pm	
344113	Sligo Creek ES	1/10	Th	3:30pm - 4:30pm	
344110	Potomac ES	1/11	F	3:30pm - 4:30pm	
344114	Woodlin ES	1/11	F	3:30pm - 4:30pm	

#### Coach Rich Basketball For Ages 8-10

Ages 8-10: This program for boys and girls is appropriate for all experience and skill levels. Many young players are overwhelmed by the speed and complexity of basketball. This program will teach basketball as a game of specific fundamentals, each with its own name, technique and purpose. Each one-hour class is divided into two, 30-minute halves. The first half of each class will be a specific fundamental skill-building component, with drills and activities designed to teach and develop these primary building blocks. The second half of each class will be live play, allowing players to apply these fundamentals within real game scenarios. This program equally combines fundamental instruction with live game action!

10 Sessions					\$130
Instructor: Rich Sandler					
343780	Damascus CC	1/8	Tu	5:30pm - 6:30pm	

#### MD Sports Rim Rockers

Ages 7-9: Introductory basketball course. Lower baskets will be used. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. This MD Sports class is sure to leave every child with a smile. Participants will receive a T-shirt and a participation award.

6 Sessions					\$90
Instructor: Jazz Perazic's MD Sports					
343941	Oakland Terrace ES	1/17	Th	6:00pm - 7:00pm	

#### MD Sports Hoop Star Basketball Clinic

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork

6 Sessions					\$90
Instructor: Jazz Perazic's MD Sports					
343939	Bells Mill ES	1/7	M	3:30pm - 4:45pm	
343937	Olney ES	1/9	W	3:30pm - 4:45pm	
343938	Kensington-Parkwood ES	1/11	F	3:05pm - 4:20pm	

#### MD Sports All Star Skills Clinic

Ages 8-17: Jazz Perazic's MD Sports All Star Skills Basketball Clinic. Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions					\$140
Instructor: Jazz Perazic's MD Sports					
343942	Kingsview MS	1/18	F	7:00pm - 9:00pm	

### GYMNASTICS

#### Gymnastics - Ages 5-6

Ages 5-6: Tumbling skills such as front and back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, Bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence

7 Sessions					\$135
Instructor:Mofid, Boz Gymnastics of America, Inc.					
344287	Gymnastics of America.	1/18	F	1:45pm - 2:45pm	
344288	Gymnastics of America.	1/18	F	3:30pm - 4:30pm	

#### Gymnastics - Girls and Boys

Ages 7-12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

7 Sessions	\$135
Instructor: Mofid, Boz Gymnastics of America, Inc.	
344289	Gymnastics of America 1/18 F 7:00pm - 8:00pm



## FENCING

### Fencing with Mohebban Beginner I

Ages 9 & Up: Beginner Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$20 material fee due to instructor.

8 Sessions \$80

Instructor: Gitty Mohebban

343760 Frost, Robert MS 1/7 M 5:30pm - 6:30pm

10 Sessions \$99

Instructor: Gitty Mohebban

343761 Clemente, Roberto MS 1/9 W 5:30pm - 6:30pm

343762 Parkland MS 1/11 F 5:30pm - 6:30pm

### Fencing with Mohebban Beginner II

Ages 9 & Up Advanced Beginner: Curriculum will be student skill dependent. \$20 material fee due to instructor.

8 Sessions \$80

Instructor: Gitty Mohebban

343764 Frost, Robert MS 1/7 M 6:30pm - 7:30pm

10 Sessions \$99

Instructor: Gitty Mohebban

343765 Clemente, Roberto MS 1/9 W 6:30pm - 7:30pm

343766 Parkland MS 1/11 F 6:30pm - 7:30pm

### Fencing with Mohebban Intermediate

Ages 9 & Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, l'ier, croise, and envelopment. No age exceptions without instructor approval. \$20 material fee due to the instructor.

8 Sessions \$80

Instructor: Gitty Mohebban

343772 Frost, Robert MS 1/7 M 7:30pm - 8:30pm

10 Sessions \$99

Instructor: Gitty Mohebban

343773 Clemente, Roberto MS 1/9 W 7:30pm - 8:30pm

343774 Parkland MS 1/11 F 7:30pm - 8:30pm

### Fencing with Mohebban Practices & Club

Ages 13 & Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$20 material fee due to the instructor.

10 Sessions \$99

Instructor: Gitty Mohebban

343775 Bauer Drive CC 1/5 Sa 2:00pm - 3:30pm

## VOLLEYBALL

### Volleyball Clinics CoRec Teen

Ages 13-16: All levels. Whether you are involved in competitive play or just enjoy the sport, all players can benefit from this complete skills clinic. Serving, passing, setting, offense, defense and other individual and team strategies are included in this fun and competitive program. Want to define your passing, hitting or setting? Check out our Specialty Clinics.

7 Sessions \$100

Instructor: Volleyball Mid Atlantic

344201 Potomac CC 1/13 Su 6:15pm - 9:15pm

### Volleyball Specialty Clinics: HIT

Ages 13 & Up: Love your game but need to work on that ONE skill? Spend one night, two hours on that one skill you need to raise your game. Two hours, one skill = a better player. Prepare your shoulder for an evening of work on the skill of hitting. Covers drills and demos on the different types of swing motion. Time will be spent on the serve as well as the hit.

1 Session \$20

Instructor: Volleyball Mid Atlantic

344389 Viers Mill ES 1/25 F 6:30pm - 8:30pm

344330 Marshall, Thurgood ES 1/28 M 8:00pm - 10:00pm

344390 Viers Mill ES 2/15 F 6:30pm - 8:30pm

344331 Marshall, Thurgood ES 2/25 M 8:00pm - 10:00pm

### Volleyball Specialty Clinics: PASS

Ages 13 & Up: Develop your game and get a good workout at the same time! Mid-Atlantic Volleyball invites you to get in shape and develop your volleyball skills. The pass is the most important skill in the sport of volleyball and the skill you use most often. Perfect your pass, practice your serve and add another dimension to your attack of placing the ball where it gives your team the best advantage. On defense, discover new receiving and counter attack strategies. This is your opportunity to improve in three important areas of your game.

1 Sessions \$20

Instructor: Volleyball Mid Atlantic

344319 Marshall, Thurgood ES 1/14 M 8:00pm - 10:00pm

344387 Viers Mill ES 1/18 F 6:30pm - 8:30pm

344388 Viers Mill ES 2/8 F 6:30pm - 8:30pm

344320 Marshall, Thurgood ES 2/11 M 8:00pm - 10:00pm

### Volleyball Specialty Clinics: SET

Ages 13 & Up: Love your game but need to work on that ONE skill? Spend one night, two hours on that one skill you need to raise your game. Two hours, one skill = a better player. There is still a 'touch' to skill of setting the ball. Work will be done on hand and body positioning. Time will also be spent on multiple paced sets used in advanced offensive situations. While you are perfecting your sets, you'll also be working on other important skills.

1 Session \$20

Instructor: Volleyball Mid Atlantic

344391 Viers Mill ES 2/1 F 6:30pm - 8:30pm

344338 Marshall, Thurgood ES 2/4 M 8:00pm - 10:00pm

344392 Viers Mill ES 2/22 F 6:30pm - 8:30pm

344339 Marshall, Thurgood ES 3/4 M 8:00pm - 10:00pm

*Preview of  
Upcoming  
Recreational Sports*

*Look ahead  
to Spring!*

Leagues may fill before  
deadline. Register early!

#### SPRING ADULT

- Soccer
- Softball
- Basketball

#### SPRING YOUTH

- T-ball
- Miracle League

For more  
information, call  
240-777-6870.

# YOU GOT GAME?

**It's not too late ...**

**Call for Availability**

## HOOP IT UP THIS WINTER!

- ✓ **Instructional Basketball - Grades K-2**
- ✓ **Youth-Kids Leagues - Grades 3-8**
- ✓ **Rising Star Leagues - Grades 5-8**
- ✓ **High School Leagues - Grades 9-12: Team Registration Only**
- ✓ **Adult and Senior Leagues: Team Registration Only**

**Programs located throughout  
Montgomery County**

For more information visit us at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
or contact the Adult Sports Programs Office at (240) 777-6870  
or the Youth Sports Programs Office at (240) 777-6810

## INSTRUCTIONAL WINTER BASKETBALL (K-2)

This non-competitive league for beginners emphasizes basic skills and fundamentals of basketball, fun and good sportsmanship. Teams are assigned to the closest available gym. Includes four practices at the location and time you are placed and four low key scrimmages. Scrimmages may be played at alternate sites, at varying times, but on the assigned day.

Players who register as individuals will be assigned to teams as space allows. Placement of individuals is contingent on sufficient registrations to form a team and recruitment of a volunteer coach.

To register a preformed team, you must call 240-777-6870 for a coach's packet, or go to our website at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) then submit an official roster with registration forms and payment for a minimum of 8 and a maximum of 12 players from the same private school or MCPS elementary school district, and a volunteer coach. NOTE: MCRD reserves the right to add players to rosters.

After teams have been formed, coaches will contact players on/or before the first practice of the season to confirm location and time.

### ***Practices begin the weekend of January 5 & 6, 2013.***

FEE: \$75.00 Per Player (County residents)

\$90.00 (Non-County residents)

Fee includes eight one-hour sessions, team shirt and individual trophy.

Instructional teams may be scheduled hourly as follows:

Saturdays: 9:00am - 6:00pm

Sundays: 12:00pm - 6:00pm

**\*North:** Poolesville, Germantown, Gaithersburg, Damascus, etc.

**\*West:** Potomac, Bethesda, Chevy Chase, North Potomac, Kensington, Rockville, etc.

**\*East:** Silver Spring, Wheaton, Briggs Chaney, Olney, Burtonsville, etc.

### ***Kindergarten***

340478	Boys	Saturday	North
340481	Boys	Saturday	West
340490	Boys	Saturday	East
340476	Girls	Saturday	North
340479	Girls	Saturday	West
340488	Girls	Saturday	East

### ***1st Grade***

340470	Boys	Saturday	North
340471	Boys	Saturday	West
340472	Boys	Saturday	East
340477	Boys	Sunday	West
340473	Girls	Saturday	North
340474	Girls	Saturday	West
340475	Girls	Saturday	East
340480	Girls	Sunday	West
340491	Girls	Sunday	West

### ***2nd Grade***

340482	Boys	Saturday	North
340483	Boys	Saturday	West
340484	Boys	Saturday	East
340489	Boys	Sunday	West
340485	Girls	Saturday	North
340486	Girls	Saturday	West
340487	Girls	Saturday	East
340491	Girls	Sunday	West



## YOUTH WINTER BASKETBALL (GRADES 3-8)

Separate leagues for boys and girls for each grade. Teams standing are not recorded in 3rd grade leagues. Minimum playing time for 3rd grade thru 6th grade, two quarters, 7th grade and 8th grade one quarter minimum.

Program emphasis is on skill development, fundamental strategy and sportsmanship. Players who register as individuals will be assigned to a beginner team closest to their school or neighborhood, as space allows. Placement of individuals on a team is contingent upon sufficient registration to form a team and recruitment of a volunteer coach.

Registration deadline: NOVEMBER 9, 2012. (Note: MCRD reserves the right to add players to rosters with less than the maximum).

After teams have been formed, coaches will contact players on or before DECEMBER 3, 2012 to announce practice schedules and locations.

Teams may have no more than 3 players on their roster who participate on any select team, including Rising Stars (MCPS middle school basketball players are exempt).

### Games begin the weekend of JANUARY 5, 2013.

Please Note: For each league, a player must be enrolled in at least the lowest grade listed. Players may "play up" one grade when they meet the minimum requirements. Example: A 4th grade student may register in the 5th grade league; however, players may not register in a league below their grade level. Players may register for only one MCRD league, except as noted. Players may not wear (or cover over) jewelry of any type.

3rd Grade - 5th Grade  
6th Grade - 8th Grade

\$80 per player (\$95 NR)  
\$95 (\$120 NR)

### Down County - Bethesda

339428	Boys	3rd Grade	Sunday
339430	Boys	4th Grade	Sunday
339432	Boys	5th Grade	Sunday
339434	Boys	6th Grade	Sunday
339436	Boys	7th Grade	Sunday
339438	Boys	8th Grade	Sunday
339429	Girls	3rd Grade	Saturday
339440	Girls	3rd Grade	Sunday
339431	Girls	4th Grade	Saturday
339441	Girls	4th Grade	Sunday
339433	Girls	5th Grade	Saturday
339435	Girls	6th Grade	Sunday
339437	Girls	7th Grade	Sunday
339439	Girls	8th Grade	Saturday

### Down County - Potomac

339533	Boys	3rd Grade	Saturday
339535	Boys	4th Grade	Saturday
339537	Boys	5th Grade	Saturday
339539	Boys	6th Grade	Saturday
339541	Boys	7th Grade	Sunday
339543	Boys	8th Grade	Saturday
339534	Girls	3rd Grade	Saturday
339536	Girls	4th Grade	Saturday
339538	Girls	5th Grade	Saturday
339540	Girls	6th Grade	Saturday
339542	Girls	7th Grade	Sunday
339544	Girls	8th Grade	Saturday

### Upper/East County

339460	Boys	3rd Grade	Saturday
339462	Boys	4th Grade	Saturday
339464	Boys	5th Grade	Saturday
339466	Boys	6th Grade	Saturday
339468	Boys	7th Grade	Saturday
339470	Boys	8th Grade	Saturday
339461	Girls	3rd Grade	Saturday
339463	Girls	4th Grade	Saturday
339465	Girls	5th Grade	Saturday
339467	Girls	6th Grade	Saturday
339469	Girls	7th Grade	Saturday
339471	Girls	8th Grade	Saturday

### Mid/East County

339448	Boys	3rd Grade	Saturday
339450	Boys	4th Grade	Saturday
339452	Boys	5th Grade	Saturday
339454	Boys	6th Grade	Saturday
339456	Boys	7th Grade	Saturday
339458	Boys	8th Grade	Saturday
339449	Girls	3rd Grade	Saturday
339451	Girls	4th Grade	Saturday
339453	Girls	5th Grade	Saturday
339455	Girls	6th Grade	Saturday
339457	Girls	7th Grade	Saturday
339459	Girls	8th Grade	Saturday

### Upper/West County

339473	Boys	3rd Grade	Saturday
339475	Boys	4th Grade	Saturday
339477	Boys	5th Grade	Saturday
339479	Boys	6th Grade	Saturday
339481	Boys	7th Grade	Saturday
339483	Boys	8th Grade	Saturday
339472	Girls	3rd Grade	Saturday
339474	Girls	4th Grade	Saturday
339476	Girls	5th Grade	Saturday
339478	Girls	6th Grade	Saturday
339480	Girls	7th Grade	Saturday
339482	Girls	8th Grade	Saturday

Elementary students will play in the region based on their middle school cluster.

\* Down County-Bethesda includes N. Bethesda MS, Pyle MS, Tilden MS, and Westland MS.

\* Down County-Potomac includes Cabin John MS, Frost MS, and Hoover MS.

\* Mid /East County includes Argyle MS, Banneker MS, Briggs Chaney MS, Eastern MS, Farguhar MS, Key MS, Lee MS, Loiderman MS, Newport MS, Parkland MS, Rosa Parks MS, Redland MS, SSI, Sligo MS, Takoma Park MS, White Oak MS and Wood MS.

\* Upper/East County includes Baker MS, Damascus MS, Gaithersburg MS, Neelsville MS, Rocky Hill MS and Shady Grove MS.

\* Upper/West County includes Clemente MS, Kingsview MS, MLK MS, Montgomery Village MS, Poole MS, and Ridgeview MS.



## HIGH SCHOOL WINTER BASKETBALL

Practices begin December 3rd and Games begin January 5th & 6th.

Each League will have an intermediate and advanced division. Teams must play in the grade level of their oldest player. Please indicate on your registration form the grade level of your team, boys or girls, intermediate or advanced. The league director reserves the right to place a team in the appropriate division based on last year's record.

Intermediate Level – Finished below 500 the prior season – one or less select player on roster.

Advanced Level – Finished above 500 the prior season – no more than 3 select players on roster

FEES: \$800 per team / Non-County fee \$920 (50% of roster lives out of county) The fee includes 2 IAABO officials for 8 games, practice, game shirts, staff, and the facility for games, awards and game equipment.

### GAME DAYS

Saturdays (9am-6pm) All Girls Leagues/10th and 12th Grade Boys

Sundays (12pm-6pm) 9th and 11th Grade Boys

### REGISTRATION

All team registration forms and full payment must be in the Montgomery County Department of Recreation's Registration Office no later than Friday, November 9th 2012. The following items are required:

A. Team Registration Form – all pertinent information must be filled out including detailed information on the main contact and a phone number for a 2nd adult from the team. You can also use the form to pay the league fee by credit card.

B. Roster – Please fill out the roster and return it to the league office with your registration form. Practices times will be given out after your roster and registration forms are received. Additions and or deletions can be made to this roster before the 3rd game.

C. Individual Player Registration Forms – each player must have a registration form completed and signed by their parent. The registration form must be in the league office before that player can participate in a league game.

D. Standards for Spectator Behavior – both parents and or guardians must carefully read this information and sign on the bottom of the document. The form must be in the league office before the player can participate in a league game.

### LEAGUE RULES AND ELIGIBILITY

(Teams that play in the advanced division may have no more than 3 select players on there roster. A minimum of 8 players are required to have a team with a maximum of 12)\* A select player plays on a team with tryouts – school JV or varsity. No jewelry of any kind may be worn during the game.\*

#### Intermediate

339412	9th Grade Girls
339413	9th Grade Boys
339416	10th Grade Girls
339417	10th Grade Boys
339420	11th Grade Girls
339421	11th Grade Boys
339424	12th Grade Girls
339425	12th Grade Boys

#### Advanced

339414	9th Grade Girls
339415	9th Grade Boys
339418	10th Grade Girls
339419	10th Grade Boys
339422	11th Grade Girls
339423	11th Grade Boys
339426	12th Grade Girls
339427	12th Grade Boys



## ADULT LEAGUES

### Adult Basketball League

#### Men's A League

6 Games				Team \$660/\$710
344408	Einstein, Albert HS	1/6	Su	6:00pm -10:30pm

#### Men's B League

6 Games				Team \$660/\$710
344414	Tilden Middle School	1/9	W	6:00pm -10:30pm

#### Men's C Leagues

6 Games				Team \$660/\$710
344409	Whitman, Walt HS	1/6	Su	6:00pm -10:00pm
344410	Tilden MS	1/6	Su	5:00pm -10:30pm
344412	Germantown CC	1/6	Su	6:00pm -10:30pm
344411	Jane E. Lawton CC	1/6	Su	6:00pm -10:30pm
344415	Jane E. Lawton CC	1/9	W	6:00pm -10:30pm

#### Men's D League

6 Games				Team \$660/\$710
344413	Bauer Drive CC	1/6	Su	6:00pm -10:30pm

#### Women's

6 Games				Team \$660/\$710
344419	Johnson, Walter HSI	1/9	W	7:00pm -10:30pm

#### Women's Drop In

5 Games				Individual \$35/\$50
344422	Wheaton HS	1/6	Su	11:00am - 1:00pm
12 Games				Individual \$80/\$95
344421	Wheaton HS	1/6	Su	11:00am - 1:00pm

#### Seniors 50+

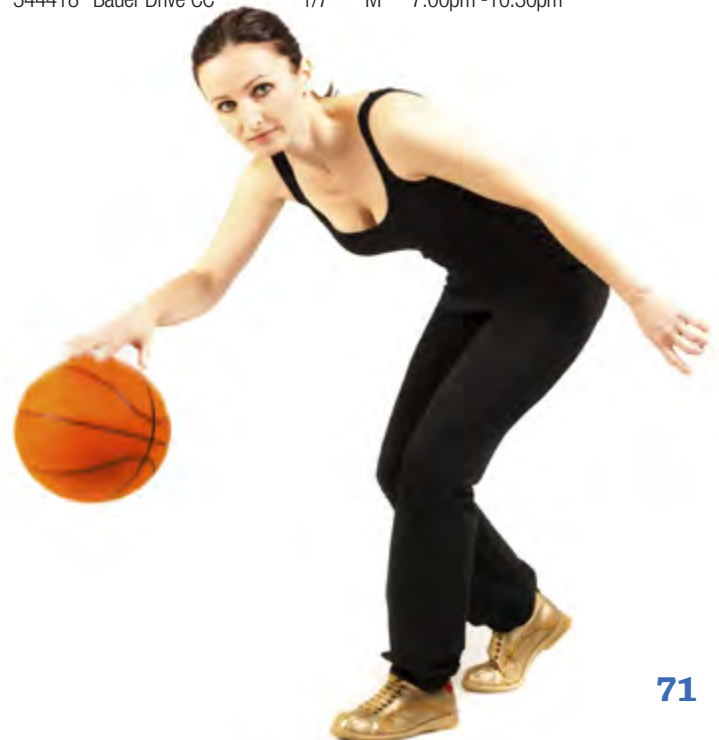
6 Games				Team \$660/\$710
344416	Wood MS	1/6	Su	6:00pm -10:30pm

#### Seniors 55+

6 Games				Team \$660/\$710
344420	Wood Middle School	1/9	W	7:00pm -10:30pm

#### Seniors 60+

6 Games				Team \$660/\$710
344418	Bauer Drive CC	1/7	M	7:00pm -10:30pm





## Locations

Argyle Middle School  
Roberto Clemente Middle School  
Forest Oak Middle School  
A. Mario Loiederman Middle School  
Neelsville Middle School

## Program Overview

Activities include creative arts, recreational sports, academic support, science, technology, engineering, mathematics, and more. Program days end at 5:15 p.m., providing an additional hour of programming for students.

The programs are FREE and include a hot meal and transportation home.

## Why Excel Beyond the Bell?

**Excel Beyond the Bell** provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Children are nurtured in a compassionate, consistent and cooperative environment.
- A site coordinator and after school liaison are on-site daily to ensure your child is safe when you can't be with them.
- Children and youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about  
**Excel Beyond the Bell:**  
visit [www.excelbeyondthebell.org](http://www.excelbeyondthebell.org),  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
or call 240-777-6881



Montgomery County  
Public Schools



# TEENS

Countywide 240-777-8080



## **Sports Academies**

Join your friends for after-school fun at Blair, Einstein, Wheaton or Springbrook. Basketball, Soccer and special events keep teens connected during out-of-school hours. Homework help is also available.

## **RecExtra...For Middle Schools**

Not ready for the day to end? Need a little more time with your friends? RecExtra, available at a limited number of MCPS Middle Schools, offers sports, arts, babysitting instruction, step dance and other fun, engaging activities. Check with your school's After-School Activities Coordinator for more information or visit our website for details.

## **Teen Escape Club**

### ***Where Artists Play***

This fun, cool, event offers a safe youth space for fun and creativity. Open Mic Nights, Talent Shows, Contests and prizes are all a part of the fun for High School Montgomery County Teens! Visit our website for more information about locations, dates and times.

## **Youth Advisory Committee**

### ***Lead and Serve • Make a Difference!***

Speak up! Get involved! The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Members meet at local community recreation centers. Teens CAN make a difference! Call now to join.

## **S.T.E.P.**

### ***Student Teen Employment Program***

A student employment program for youth in Montgomery County. Students will learn leadership, team building, communication and job readiness skills for the future. Please Call Will Johnson at 240-777-4977 or email [will.johnson@montgomerycountymd.gov](mailto:will.johnson@montgomerycountymd.gov) for details.

## **Teen Events**

Flag Football, Basketball, Futsal Tournaments and much more- Check website often for details.



# Be Active Montgomery!

Montgomery County Recreation's new program  
to help you to get active and have fun!

Check out the hundreds of quality Montgomery County Recreation  
programs, sports, aquatics and leisure offerings.  
Improve your health and well-being while having fun!



visit [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)



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on Facebook

We all know the value leisure brings to  
overall health and well-being.

With **Be Active Montgomery!**  
you can be involved in recreational  
pursuits – whether they use the mind,  
such as art activities or  
cooking, or more active ones –  
in an effort to thrive both  
mentally and physically.



A close-up photograph of two elderly women with short, curly hair, one dark grey and one light grey. Both are wearing glasses and smiling warmly at the camera. The woman on the left is wearing a dark top, and the woman on the right is wearing a light blue sweater.

# Active Older Adult Programs (Age 55+)

## WINTER 2012-2013

Montgomery County Recreation has many diverse ways for Boomers and older adults to be active, whether working, semi-retired or fully retired. From full service senior center's to extensive trips, to our Countywide Senior Sneakers Fitness Program, the opportunities are bountiful. Include our programs and activities in your winter line up!

### SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4980 for more information.

#### **DAMASCUS SENIOR CENTER**

M-W & F: 9:00am-2:00pm, Th 9:00am-4:00pm  
9701 Main Street, Damascus  
240-777-6995

#### **HOLIDAY PARK SENIOR CENTER**

M-F: 8:45am-4:00pm  
3950 Ferrara Drive, Wheaton  
240-777-4999

#### **LONG BRANCH SENIOR CENTER**

M-F: 10:00am-2:00pm  
8700 Piney Branch Road, Silver Spring  
240-777-6975

#### **MARGARET SCHWEINHAUT SENIOR CENTER**

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm  
1000 Forest Glen Road, Silver Spring  
240-777-8085

#### **WHITE OAK SENIOR CENTER**

M-F: 9:00am-3:00pm  
1700 April Lane, Silver Spring  
240-777-6944



## 55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult Programs (formerly called Neighborhood Senior Programs) in the late 1950's, before there were five-day a week senior centers. Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make lasting friendships. We offer programs two days per week at the sites listed below.

We are excited about growing at these locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our groups are diverse and offer exciting programs for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs and events. Montgomery College Lifelong Learning classes offer everything from lectures on current events to Art History and Art Appreciation classes at a number of locations.

Check us out at any of our locations. We're sure to have something for everyone!

Our locations, days & times include:

### ***Bauer Drive Seniors***

M & W 10:00am–2:00pm  
Bauer Drive Community Center  
14625 Bauer Drive, Rockville  
240-777-6922

### ***Bethesda/Chevy Chase Seniors***

M & W 10:00am–2:00pm  
Jane E. Lawton Community Center  
4301 Willow Lane, Chevy Chase  
240-777-6855

### ***Clara Barton Seniors***

Mon. & Wed. 10:00am–2:00pm  
Clara Barton Community Center  
7425 MacArthur Blvd., Cabin John  
240-777-4910

### ***Clarksburg Seniors\*\****

Community of Faith United Methodist Church  
22420 Frederick Road, Clarksburg  
301-916-3899

### ***Coffield Seniors***

Tues., Wed. & Thurs. 10:00am–2:00pm  
Gwendolyn Coffield Community Center  
2450 Lyttonville Road, Silver Spring  
240-777-4900

\*The Wednesday program is a partnership with the Jewish Community Center and MCR. Lunch is available on Wednesdays only by calling 301-230-3751 for reservations.

### ***East County Seniors\* +***

Tues. & Fri. 10:00 am–2:00pm  
East County Community Center  
3310 Gateshead Manor Way, Silver Spring  
240-777-8093

### ***Germantown Seniors+***

Mon. & Thurs. 10:00am–2:00pm  
Germantown Community Center  
18905 Kingsview Road, Germantown  
240-777-8098

### ***Longwood/Olney Seniors***

Mon. & Wed. 10:00am–2:00pm  
Longwood Community Center  
19300 Georgia Avenue, Brookeville  
240-777-6920

### ***Mid-County Seniors\****

Tues. & Thurs. 10:30am–2:30pm  
Mid-County Community Center  
2004 Queensguard Road, Silver Spring  
240-777-6820

### ***Potomac Seniors***

Tues. 10:00am–2:00pm & Fri. 10:00am–1:00pm  
Potomac Community Center  
11315 Falls Road, Potomac  
240-777-6960

### ***Praisner Seniors\* +***

Tues. & Thurs. 10:00am–2:00pm  
Marilyn J. Praisner Community Center  
14906 Old Columbia Pike, Burtonsville  
240-777-4970

### ***Ross Boddy/Sandy Spring Seniors\* +***

Wed. & Thurs. 10:00am–2:00pm  
Ross Boddy Community Center  
18529 Brooke Road, Sandy Fall  
240-777-8050

+ Limited transportation available on program meeting days.

\* Includes a nutrition lunch program on meeting days.

\*\* This program is in partnership between MCR and the Community of Faith UMC.

## 55+ ACTIVE ADULT PROGRAMS

The Department of Recreation offers a variety of classes, programs, and special events, at eleven community center locations throughout the county. (Please see our locations page). Here is a sampling of the many programs we will be offering this winter. Please call the center for more information.

### PRAISNER COMMUNITY CENTER

14906 Old Columbia Pike  
Burtonsville, MD 20866  
240-777-4970

#### 13 Myths That Make Us Sick

Come and find out how you can get more energy, feel better, look better, prevent disease and be more effective and efficient in anything you choose to do by letting go of the health myths that make you sick. This workshop provides a boot camp on what it takes to stay healthy and productive throughout one's life. This one hour presentation includes a slide show, hand-outs for participants, and time for questions and answers.

342945 Praisner CC 12/4 T 11:00am -12:00pm

#### Pressure Point Therapy

A pressure point is an area of nerve interference located in the body that can lead to pain and illness. In this workshop, Dr. Rifkin discusses pressure point theory and how to locate and relieve active pressure points. By the conclusion of this seminar, participants will be able to locate and treat pressure points associated with common conditions such as headaches, neck pain, back pain, low energy, carpal tunnel syndrome, PMS, and sinus problems. This talk includes handouts, a slide show and group participation doing pressure point therapy. Time is given for questions and answers.

342946 Praisner CC 1/31 Th 11:00am -12:00pm

#### Why Am I Gaining Weight and So Tired?

Do you watch your calories, exercise regularly and still feel tired and can't lose weight? Don't spend another day feeling lousy. In this 1 hour power point presentation, Dr. Rifkin will discuss the hidden metabolic causes for fatigue and weight gain that do not show up on standard blood or thyroid tests. You will learn about 6 hidden patterns of thyroid dysfunction and what you can do to correct them. You will obtain strategies to improve your health and energy and lose weight naturally. Handouts of the slides are provided, and time is allotted for questions and answers. All seminars will be conducted by Dr. Robert Rifkin of the Rifkin Chiropractic and Wellness Center. Register on line at [recweb.montgomery-countymd.gov](http://recweb.montgomery-countymd.gov) or you may register at the community center.

342947 Praisner CC 3/28 Th 11:00am -12:00pm



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County  
Recreation  
on Facebook

### LONGWOOD COMMUNITY RECREATION CENTER

19300 Georgia Avenue  
Brookeville  
240-777-6920

#### Program highlights include:

##### Tai Chi-Chinese Exercise System

Every Monday at 10am

Uses slow, smooth body movements to achieve a state of relaxation of both body and mind, led by Susan of Montgomery General Hospital

##### Chair Aerobics

Every Monday at 10am

A great way to safely maintain great health and exercise!

##### Caribbean Line Dance

Every Wednesday at 10am

A combination of soul line dancing and choreographed line dancing to Caribbean music. Line dance with Caribbean flavor taught by our Senior Coordinator, Ayanna, this class is designed to encourage cardio activity.

##### "Movie Madness"

Every Wednesday at 11am

Come to Longwood with your friends and enjoy a movie. If you would like to order some pizza or bring your lunch and stay a while, we want you to come and hang out with us!

##### "Real Stand Up Guys"

Every 1st Wed. at 11:30 a.m.

A time set aside for men to get together and talk and fellowship with other men. This time is designated for men to join the conversation on subjects such as sports talk, politics, religion etc... Your opinion is important and will be heard. Also this is an outlet for those that just need to be around people that can relate, whether you are a single man, married man, divorced, or widower this is designed with you in mind. Light refreshments will be served.

##### "The Gift Of Giving Wrap Session"

Wednesday, December 5th, 10am-1pm

Join us as we help to wrap your gifts. Bring your wrapping paper, gift boxes and your bows so that we can help with wrapping your gifts. This is a special day for our Active Adult 55+ participants that may want or need some assistance with gift wrapping for the holidays. It would be our pleasure! Please contact us at 240-777-6920 or 6820. Also if you would like to volunteer on this day to help with wrapping gifts please call the center.

### BONE BUILDERS GROWING LIKE CRAZY!

This program, sponsored through HHS, Aging & Disability Services, and taught by volunteers, has added classes throughout the Active Adult 55+ program. Come and join us and get stronger! Here are the community center locations we are currently offering classes at:

<b>Mid County</b>	Tues and Thurs	1:00pm – 2:00pm
<b>Lawton</b>	Tues and Thurs	9:15am –10:15am
<b>Potomac</b>	Tues and Thurs	9:00am –10:00am
<b>Coffield</b>	Tues and Thurs	10:00am–11:00am
<b>Wisconsin Place</b>	Tues and Thurs	9:30am –10:15am
	Mon and Thurs	10:00am–10:45am
	Tues and Thurs	11:15am–12:00pm
<b>Wheaton CC</b>		
	Tues and Thurs	1:00pm – 2:00pm



## MID-COUNTY COMMUNITY RECREATION CENTER

2004 Queensguard Road  
Silver Spring  
240-777-6820

### Program highlights include:

#### ***Tai Chi-Chinese Exercise System***

Every Tuesday at 11am

Uses slow, smooth body movements to achieve a state of relaxation of both body and mind, led by Susan of Montgomery General Hospital

#### ***Chair Aerobics***

Every Tuesday and Thursday

A great way to safely maintain good health & exercise!

#### ***Nutrition Lunch Program: Hot Lunch***

Every Tuesday & Thursday

For participants of the Nutrition Lunch Program, a Hot Lunch is served. In order to get lunch, you must make a reservation in advance and must be age 60 or older in order to make a voluntary donation. For individuals age 59 and younger, there is a specific cost. For more information please contact us at 240-777-6820.

#### ***Soul Line Dancing***

Every Tuesday at 10am

Groove to some soulful music with "Pat" as she teaches "Soul Line Dancing" step by step. Great fun and exercise!

#### ***Caribbean Line Dancing***

Every Thursday at 10am

A combination of soul line dancing and choreographed line dancing to Caribbean music. Line dance with Caribbean flavor. Taught by our Senior Program Coordinator, Ayanna, this class is designed to encourage cardio activity.

#### ***"Movie Madness"***

Every Thursday at 11am

Come in to Mid-County with your friends and enjoy a movie. Bring your lunch or we will order some pizza. We want you to come and hang out with us!

#### ***Senior 55+ Volleyball***

Every Friday 12pm-2pm

#### ***"The Gift Of Giving Wrap Session"***

Wednesday, December 6th, 11am-1:30pm

Join us as we help you to wrap your gifts for the holidays. Bring your wrapping paper, gift boxes and your bows so that we can help with wrapping your gifts. This is a special day for our Active Adult 55+ participants that may want or need some assistance with gift wrapping. It would be our pleasure to help! Please contact the center at 240-777-6820 or 6920 for more information or if you would like to volunteer to help.



## Did you know???...

That the Guide to Recreation & Park Programs offers many classes and programs for adults 55+ that aren't necessarily advertised in the Active Adult Programs Section of the Guide. Look for programs of interest in each section. We're sure that we are offering something that will be of interest to you.

Did you also know... that the Recreation Department offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA). Here are a few of the highlighted locations for this winter. If you aren't sure if the center closest to you has a program, give them a call!

#### ***Open Gym Basketball locations include:***

Bauer Drive Community Center

Senior Basketball on Tuesdays and Thursdays from 9 am to 12 noon

Longwood Community Recreation Center

Senior Basketball on Mondays and Tuesdays from 10 am to 3:00 pm and Wednesdays and Thursdays from 12 noon until 3:00 pm. (In January this schedule will change slightly, so please call the center for more information).

#### ***Open Gym Volleyball locations include:***

Bauer Drive Community Center

Senior Volleyball is held on Mondays and Wednesdays from 10:30 am to 12:30 pm.

Mid-County Community Center

Senior Volleyball is available on Fridays from 12 pm – 2 pm.

## Also of interest...

#### ***Microflyers***

An indoor model plane flying club meets at the Bauer Drive Community Center on Mondays and Wednesdays from 12:30 to 2:30 pm. Participants must have an open gym membership.

### SENIOR SHAPE

A partnership between Suburban Hospital and Montgomery County Recreation. These classes provide strength, flexibility, and aerobic exercise training. You must have a doctor's permission and there is a \$30 fee for 3 months.

Classes are currently being offered at Clara Barton, Potomac and Lawton Community Centers. Call Suburban Hospital at 301-896-3939 or the centers for more information.

## SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at our Senior Centers, many Community Centers (CC) offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

### Senior Fit

A partnership with Holy Cross Hospital, and Montgomery County Recreation. These free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-7895 for registration information.

<b>Bauer CC</b>	M, W, 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am
<b>Ross Boddy CC</b>	T, Th, 9:00am-9:45am
<b>Coffield CC</b>	T, Th, 10:30am-11:15am
<b>East County CC</b>	M, W, F, 10:45am-11:30am
<b>Germantown CC</b>	T, 1:45pm-2:30pm, Th, 11:30am-12:15pm
<b>Long Branch SC</b>	M, W, 12:00pm-12:45pm
<b>Mid-County CC</b>	F, 11:00am-11:45am
<b>Praisner CC</b>	M-F, 9:00am-9:45am, M, W, F, 10:00am-10:45am
<b>Schweinhaut SC</b>	M, W, 8:30am-9:15am and 9:30am-10:15am T, Th, 9:00am-9:45am, Sa, 9:30am-10:15am
<b>Wheaton CC</b>	M, W, 11:00am-11:45am
<b>White Oak CC</b>	T, F, 9:00am-9:45am



## OTHER COUNTY RECREATION AND EDUCATION RESOURCES FOR OLDER ADULTS:

**The Lifelong Learning Institute of Montgomery College** provides many intellectually stimulating courses for Montgomery County residents age 50 and over. Visit [www.montgomerycollege.edu](http://www.montgomerycollege.edu) or call 240-567-1828 for more information.

**Jewish Council for the Aging**, [www.accessjca.org](http://www.accessjca.org) offers numerous programs for older adults.

**Senior Info Pages** at: [montgomerycountymd.gov/seniors](http://montgomerycountymd.gov/seniors). For telephone assistance and information, call the Senior Resource Line at 240-777-3000.

**OASIS** offers challenging programs in the arts, humanities, wellness, technology and volunteer service for mature adults. For more information call (Bethesda) 301-469-6800 press 1, then extension 211 or (Chevy Chase/DC Area) 202-686-9760.

**VOLUNTEER:** Visit the Montgomery County Volunteer Center at [montgomerycountymd.gov/volunteer](http://montgomerycountymd.gov/volunteer)

### SENIORS TODAY!

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6.

## SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details.

The Senior Sneakers Program is available at the following Community Centers:



CLARA BARTON CC	BAUER DRIVE CC	ROSS BODDY CC	COFFIELD CC
DAMASCUS CC	EAST COUNTY CC	GERMANTOWN CC	LAWTON CC
LONG BRANCH CC	LONGWOOD CC	MID-COUNTY CC	POTOMAC CC
MARILYN J. PRAISNER CC	UPPER COUNTY CC	WHEATON CC	WHITE OAK CC
WISCONSIN PLACE CC			



## **SPECIAL ACTIVITIES AND EVENTS**

### **DAMASCUS SENIOR CENTER**

9701 Main Street, Damascus, MD  
240-777-6995

Hours: M, Tu, W, F 9:00am-2:00pm, Th 9:00am-4:00pm

The center has exercise classes, entertainment programs, workshops, a gift shop; exercise room, craft and art rooms for craft classes of all kinds; billiards, ping-pong, shuffleboard and a sunny dining area where lunches are served every weekday.

#### ***Damascus Sr. Center Holiday Program***

Wednesday, December 5th, 2012, 1:00pm

The Damascus Senior Center will have a program to celebrate the up and coming Holiday Season. There will be live singing, dancing, comedy and other fun activities. Please join us at this special time of year for some Holiday cheer. Cost: FREE

#### ***Holiday Luncheon***

Wednesday, December 12th, 2012, Noon

The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations- 240-777-6995. Price for the Meal age 55 – 59 is \$7.00, 60+ Donations requested.

#### ***Organ Grinder Lola***

Wednesday, December 12th, 2012, 1:00pm

Celebrating The Holiday Spirit with Christiana Drapkin as Organ Grinder Lola. Cost: FREE

#### ***Valentines Day Luncheon***

Thursday, February 14th, 2013, Noon

The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations: 240-777-6995. Price for the Meal age 55 – 59 is \$7.00, 60+ Donations requested.

#### ***Valentine's Day Program***

Thursday, February 14th, 2013, 1:00pm

The Damascus Senior Center will provide a wonderful entertainer for all the ladies for Valentines Day. Cost: FREE

#### ***wii Winter Games***

Friday, February 8th,  
and Friday, February 15th, 2012, 1:00pm

The Damascus Senior Staff will host wii Winter Games for the first time. Diane K. will lead this event both days and will plan a lot of different fun filled activities. Call the Damascus Senior Center for more information: 240-777-6995.

## **LONG BRANCH SENIOR CENTER**

8700 Piney Branch Road, Silver Spring, MD  
240-777-6975

Hours: 10:00am-2:00pm, M-F

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us!

#### ***Jingle Bell Breakfast***

Wednesday, December 19, 2012, 10:30 am.

Enjoy holiday music and a delicious continental breakfast of bagels and muffins, spreads, pastries, juice, coffee and tea. No Charge

#### ***January is Exercise Month at the Long Branch Senior Center***

Start the New Year by reaching your fitness potential!! Every-day at noon, we will offer a free exercise class adaptable to all levels. Join us for Seated Yoga, Senior Fitness, Seated Volleyball, Tai Chi and much more. Also, sign up for our "Walk Around the State" contest, where each lap of the gym adds up to miles traveled. Prizes will be given to all participants.

#### ***Crafts***

Long time volunteer Lisa shares her talents and creativity in making crafts for fun or for gifts. Mondays and Wednesdays at 10:30. Free

#### ***Spanish Classes***

Practice your Spanish with Native Speaker Waldo Pinto:  
Mondays at noon – Conversation  
Tuesdays at noon – Beginning Spanish  
Fridays at 11:00 am - Advanced  
Free

#### ***Garden Lovers Wanted !!!***

Help us prepare for spring planting in our outdoor garden. We will need help cleaning, weeding, mulching and preparing the beds for the coming season. Donations of vegetable seeds would be greatly appreciated, as well as bird seed for our four outdoor feeders.

#### ***Blood Pressure Screenings...***

Are taken on the second Monday of every month. Adventist Healthcare offers the screenings from 10:30 – 12:30.



Follow us on Facebook and Twitter!



## MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD  
240-777-8085

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm

The Margaret Schweinhaut Senior Center is a welcoming colorful upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shakespeare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives – ceramics, painting, woodworking, quilting, knitting, origami, a Network Niche and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

### Music, Maestro, If You Please.....

#### **Jesse Palidofsky: One Man Band Extraordinaire**

Monday, December 3, 1 p.m. and Monday, February 11, 1 p.m. Back by popular demand -- Throngs of Schweinhaut participants yell for more fabulous entertainment by Jesse Polodofsky. He brings us Ellington to Motown, Hoagy Carmichael to Rodgers & Hammerstein, Nat King Cole to Frank Sinatra to Hank Williams and beyond. Jesse brings toe-tapping music and ballads from the 1930's through the 1960's. Jesse is a one man band – accompanying his soulful vocals with tasteful piano, guitar and harmonica arrangements. An hour with Jesse will get your heart singing! Admission free. Generous donations smilingly accepted.

#### **D.J. Lee**

##### **The Disc Jockey With Soul, Warmth and Lots of Fun**

Monday, December 10, 1p.m. and Monday, February 25, 1 p.m. Today you can "strut your stuff". D. J. Lee, a disc jockey with a fun-flair will have you swingin' to the oldies and line dancin' like you've never done before. We'll do the Macarena, the cha-cha-fly and have loads of fun. Get your groove on! Free – however, donations encouraged depending on how much fun you have.

#### **Good Times Show Band**

Monday, December 17, 1 p.m.  
A festival of holiday music is in store with the upbeat sound of this wonderful band. We guarantee an afternoon of entertainment plus a boppin' beat for all to enjoy. Dance, swing and enjoy! Free. Donations gladly accepted. Space limited.

## What you didn't know or perhaps you did and want to know more....

### **NonVerbal Communication In Your Everyday Life: Body Movements and Gestures**

*A Popular Offering To Expand Your Horizons*

*Every Little Movement Has A Meaning All its Own*

Wednesday, December 5, 1 p.m.

How the body and its gestures reveal messages about you to others. Posture, personality diagnosis, and movement patterns tell so much about you. How you carry yourself and present yourself to others is key. Learn how to make a positive statement to all you encounter. Presented by Dr. Enid Portnoy, Associate Professor of Communication and Gerontology.

### **Snapshots Of The Sixties**

Wednesday, December 12, 1 p.m. – 2:30 p.m.

Please join us for an interactive lecture and slide program as we travel back in time to the 1960's. With photos, facts and music, we will recall, re-visit and reflect on the places, the faces, and the events of this tumultuous decade.

### **Marvelous Mondays at the Movies in the Garden Room.**

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

#### **Sophie's Choice**

Monday, January 7, 1 p.m.

The year is 1947. Aspiring southern author Stingo (Peter MacNichol) heads to New York to seek his fortune. Moving into a dingy Brooklyn boarding house, Stingo strikes up a friendship with research chemist Nathan Landau (Kevin Kline) and Nathan's girlfriend, Polish refugee Sophie (Oscar winner Meryl Streep). There is something unsettling about the relationship. Nathan is subject to violent mood swings, while Sophie seems to be harboring a horrible secret.

#### **Proof**

Monday, January 28, 1 p.m.

A devoted daughter comes to terms with the death of her father, a brilliant mathematician whose genius was crippled by mental insanity, forcing her to face her own long-harbored fears and emotions. She adjusts to his death with the help of one of her father's former mathematical students, who searches through her father's notebooks in the hope of discovering some of his old brilliance. While she comes to terms with the possibility that his genius, which she has inherited may come at a painful price.





## SCHWEINHAUT SC continued

### Ordinary People

Monday, February 4, 1 p.m.

Robert Redford's directorial debut ended up the 1980 Oscar winner for Best Picture. It is a simple but painfully emotional story of the disintegration of a "perfect" family. Teenager Conrad (Timothy Hutton) lives under a cloud of guilt after his brother drowns after their boat capsizes in Lake Michigan. Despite intensive therapy sessions with his psychiatrist (Judd Hirsch), Conrad can't shake the belief that he should have died instead of his brother, nor do his preoccupied parents (Donald Sutherland and Mary Tyler Moore) offer much in the way of solace.

### A Beautiful Mind

Monday, March 4, 1 p.m.

From the heights of notoriety to the depths of depravity, John Forbes Nash Jr experiences it all. A mathematical genius, he made an astounding discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery once he was diagnosed with schizophrenia. After many years of struggle, he eventually triumphed over this tragedy, and finally, late in life, received the Nobel Peace Prize.

### First Do No Harm

Monday, March 18, 1 p.m.

When the youngest son of a rural Midwestern family is diagnosed with epilepsy just as their insurance is set to run out, his mother dedicates her life to the illness and all of its potential treatments. Eventually she comes across the ketogenic diet, a method limiting carbohydrates and protein in a way that some believe decreases the chance of seizures. The diet is controversial however, and their local doctor strongly advises against employing it. Despite this advice, the child is taken to a Baltimore facility in order to proceed with the experimental treatment. First Do No Harm is based on a true story, and stars Meryl Streep.



*Visit exotic places with our "Armchair Travel" series. (You don't even need a passport!)*

## A Healthier and More Knowledgeable You....

### HeartWell In Action

Sponsored by Suburban Hospital/Johns Hopkins Medicine

A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

### "Know Your Numbers"

Every Wednesday, 10 a.m. to noon

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)

Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide blood pressure and health counseling from 10 a.m. to noon.

### Discussion Group – Maximizing You!

Every Thursday, 11:00 a.m.

Join this enlightening discussion group to discuss issues on aging.

- Maximize your quality of life
- Emphasize the positive
- Create satisfaction everyday

Led by Edie Mahlmann, LCSW-C. Free.

### Go Safely!

AARP Driver Education Class

Monday, December 17, 10 a.m. to 3 p.m.

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$12.00 check to AARP. No cash please.

## Armchair Travel to Wonderful Places with Sandy and Gail

### Egypt

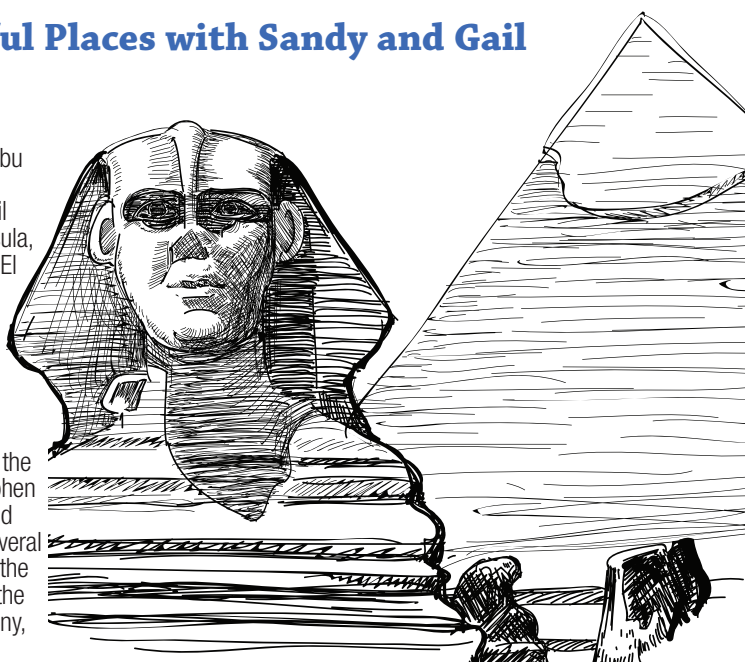
Wednesday, December 19, 1 p.m.

Experience the pyramids, the Valley of the Tombs, and Abu Simbel with Sandy & Gail, who visited Egypt in October, 2008. In addition to a cruise down the Nile, Sandy & Gail will take you to the Western Desert and the Sinai Peninsula, where you will climb Mt. Sinai and scuba dive in Sharm El Sheikh. Free.

### Ethiopia

Wednesday, February 20, 1 p.m.

Ethiopia is a country with a unique language, diet, and culture. Most tourists visit Northern Ethiopia, where the Ethiopian Orthodox Church presumably hosts the Arc of the Covenant. However, intrepid travelers Sandy and Gail Cohen take us to Southern Ethiopia, one of the most remote and untraveled areas of Africa. Interact with the people in several of the primitive tribes in the South of Ethiopia, including the Mursi, who wear the lip plates. Join them as they drink the coffee, chew the chat, observe the bull-jumping ceremony, and feed the hyenas.



Follow us on Facebook and Twitter!

## Shape Up Now....

*NEW! You asked for it, we got it...*

### Chair Yoga

Thursdays, 10:30 a.m., Fee: \$30.00 for six sessions  
Enjoy the benefits of Yoga with this safe, gentle program for people of all fitness levels including those with movement limitations. Increase flexibility, range of motion, and core strength while improving your posture and balance. Some exercises are done standing using the chair for support and most of the class is done seated. Fee: \$30.00 for six sessions. Co-sponsored by Holy Cross Hospital. Call 301-754-7895 to find out when the next session will begin and to register for this new offering.

### NEW! Building Blocks of Tai Chi

Thursdays, 11:15 a.m.  
Hands-on instruction in Tai Chi, emphasizing body awareness, a "learning mind", and a sense of enjoyment. Free. Call to register for next session. Dates to be announced.

### Senior Fit

Monday, Wednesday, 8:30 and 9:30 or  
Tuesday/Thursday, 9:00 and Saturday, 9:30.  
Designed especially for seniors – this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

### Tai Chi Chuan

Thursdays, 10:00 a.m.  
Tai Chi is an ancient system of physical and mental harmony – gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

### Qi Gong

Saturdays, Noon.  
Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free

## For The Fun Of It.....

### Duplicate Bridge At The Schweinhaut Center

Tuesdays and Thursdays at 12:30 p.m.  
Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Duplicate Bridge is thriving at this Center.  
ACBL sanctioned. Coordinated by Roz Dixon. Fee: \$5.00

### Pool/Billiard League

Tuesdays and Thursdays at 11:00 a.m.  
Join in the fun at Montgomery County's finest pool room! Two 8-ball Pool Leagues are shooting Tuesdays and Thursdays. Free play during other open hours.



## 4 WAYS TO REGISTER!



Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



240-777-6818. Processed in a secure environment.



Registrar, Montgomery County Recreation,  
4010 Randolph Road, Silver Spring, MD 20902



While you wait! Registrations will be processed at the following location:

Recreation Administration Building  
4010 Randolph Road  
Silver Spring, MD 20902



## WHITE OAK SENIOR CENTER

1700 April Lane, Silver Spring  
240-777-6944

Hours: 9:00am-3:00pm. M-F

This 5 day-a-week Senior Center began with a 3-day a week Nutrition program and many fledgling events. The Senior Center hours are Monday-Friday 9:00 a.m. to 3:00 p.m., but we are offering some evening programs as well so that Active Adults can register for a class after work or when their schedule allows. We want to try some new things here, so your ideas and suggestions are appreciated. Here are a few of our program highlights:

### **Senior Fit Exercise Class**

(co-sponsored with Holy Cross Hospital) Tuesdays and Fridays from 9:00am - 9:45am.

### **Create For A Cause**

Use your creative skills and craft knowledge to make items to enhance lives of people who are ill, in the military or homeless.

### **Singles Club**

Singles who enjoy eating out as a social experience. Explore restaurants in the area as a group by van or cars.

Other classes/ lectures in the works include:

### **Who Wants to Get Back On a Bike?**

### **Fun Cooking/ Nutritious Cooking**

### **Line Dancing**

### **Explore the Beauty of the Quilt**

### **Help a Child Learn to Read**

Have any of these sparked some interest? If so, please call us for more information at 240-777-6944.

### **Dickens Tea**

Sun., Dec. 2 1:00-3:30

Dress up in your holiday finery and your white gloves because you are going to a Tea Party! As you enjoy tea and scones, be entertained in a very Dickens tradition.

Tickets \$5, payable by Nov. 27.

### **Bingo Birthday Bash**

Wed., Dec. 5 12:30-2:30

Did you know that Bingo was invented in December over 100 years ago? Celebrate playing the game everyone loves with some fun variations and help blow out the candles.

### **wii Bowling**

Join the competition to crown a new national champion and see how White Oak stacks up.

## **REDSKINS versus the BROWNS!!**

### **White Oak's First Men's Chili Cook Off!**

Sunday, Dec. 16 from 1-4

Think you have team spirit? Think you know chili? Think yours is the Best? Wear your team colors and your aprons. Chili will be judged at half time when all can dig in.

*In January, White Oak Active Adults becomes a full 5-day-a-week nutrition site.*

*This is the 5th Senior Center operated by Montgomery County Recreation.*

### **New Interest Group! Book Lovers!**

There's nothing like curling up with a cup of coffee, hot chocolate, or tea and a good book in the winter. We don't have a fireplace, but we will have a cup of tea and the warmth of friendship and lots of good books. There are many different kinds of book clubs—let's explore several and book selections and get a group together.

First Meeting is Tuesday, January 10, 2013 at 1:00 pm

### **\*Pickelball Tournament\*\*\*\***

Whether you have just picked up the game or are more experienced, have fun testing your skill. Three days of playing with a Round Robin format with Pickelball prizes. Don't know what we are talking about? Come to watch. Monday, Jan. 28, Wednesday, Jan. 30, and Friday, Feb. 1. All play begins at 1:00

### **Hot Chocolate and Marshmallows**

### **Family Night**

Friday, February 1, from 6-9pm

Special entertainment and wintertime treats await our second Family Night [\$10 family price]

## **Lifelong Learning Institute offerings at the White Oak Senior Center include:**

### **"The Elements of Opera"**

Tuesdays, 10-11:30 am beginning Feb 12, 2013 -March 12

### **"The History of Opera"**

Tuesdays, 10-11:30am beginning March 19, 2013-April 16

Please call Montgomery College at 240-567-1828 or visit their website at: [www.montgomerycollege.edu](http://www.montgomerycollege.edu) for more information or to register.



## HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD  
240-777-4999

Hours: 8:45am-4:00pm, M-F

The Center has social and educational programs every day with programs and classes in exercise, music, art, dance, travel, health and consumer education, plus drop-in discussions on the news and current events. Call for session dates, registration information and fees or visit us on the web at [holidaypark.us](http://holidaypark.us).

### Winter Energy Building Exercise

#### December sign-ups for January start-up

*FEES depend on the number of sessions*

Zumba

*Zumba class offerings are Monday, Wednesday, Thursday & Friday*

Zumba Gold

Zumba Toning

Zumba Wake-Up Call

Cardio Rhythm:

*Low Impact Aerobics and Strength Training (Wed. or Fri.)*

Bone Building with Joanne Zoladz *(Wed. or Fri.)*

Beginner Choreographed Line Dancing  
with Lynn Osborne *(Wednesdays)*

Mindfulness for the Soul with Al Zara  
*(Meditation and Relaxation) (Wednesdays)*

As Easy As ABC with Matt Rundell *(Wednesdays)*

Stability Ball with Matt Rundell *(Thursdays)*

International Folk Dancing *(Fridays)*

Gentle Yoga with Sandy *(Wednesdays)*

Pilates with Anne Shums *(Tuesdays)*

#### Drop-in Classes for spur of the moment fitness

Tai Chi

Tai Chi sword

Easy Fit Dancing - \$2.00 per class

#### Curiosity and Classes are good for our brains!

More classes with December sign-up for January start-ups

Art Appreciation with Stephen Hanks

Opera Appreciation with Donato Sorianno

Stepping On Stage with Steffi Offutt

French Conversation for Beginners

Spanish- Beginner, Advanced Beginner, & Intermediate levels

Bridge with Sunny Levin: It's best to start at the very...  
beginning...

Your Life History in an Hour with Fran Kovalchik from the  
Family History Center

## Updates On Good Health & Good Health Practices

### Hospital Acquired Infections:

#### How Scary Are They

Rita Smith, RN, Nurse Educator

Sponsored by Suburban Hospital

Tuesday, January 15, 1:15 p.m.

### Cardiac Care: Your Physician & Your Cardiologist

Sponsored by Suburban Hospital

Thursday, February 7, 1:15 p.m.

### Lifestyles And Heart Health

Sponsored by Adventist HealthCare

Tuesday, February 19, 1:15 p.m.

### Aging And Standing Straight

Dr. Robert Rifkin for the White Flint Medical Center

Tuesday, February 26, 1:15 p.m.

## Warm Sounds Of The Season

### Happy New Year With The Gina Desimone Trio

Friday, January 4

1:15 – 2:15 p.m. FREE.

### The Steffi Offutt Trio

Valentine's Day, February 14, 1:15

FEE: \$1.00 at the door.

### Isis: Flute, Piano & Clarinet

A Program of American Composers

Including Gershwin, Amy Thomas,

Virginia Lum, & David Thomas

Thursday, February 21, 1:15 p.m.

FEE: \$2.00 at the door.

### Singer Ellis Woodward

Monday, March 4, 1:15 p.m.

Fee: \$1.00 at the door.

## Dance Club Friday's

Live music, meet new friends, everyone is  
welcome, light refreshments are  
served at the break.

Fridays, 1:15-3:15 p.m.

Fee: \$5.00 at the door.

January 11 & February 8

MUSIC BY MIKE SURRATT

January 25 & February 22

MUSIC BY THE JOHN BROWN BAND



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# TRIPS AND TOURS



## SENIOR OUTDOOR ADVENTURES IN RECREATION

### *Plan to SOAR this Winter!*

The Senior Outdoor Adventures in Recreation (SOAR) program may be just the thing for you. Awaken that spirit of adventure. This is a day trip program for active adults, ages 55 and over. Trips are specifically designed for this age group. Each activity or trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult their physician if they have any concerns before registering/participating in an activity. All travel is by motor coach unless otherwise noted. Interested individuals should call 240-777-6870 to have a SOAR brochure mailed to them in order to access DETAILS FOR EACH TRIP, INCLUDING REFUND POLICIES.

#### ***Ski Trip at Whitetail Mountain Resort***

**Trip number: 329379      Wednesday, January 23, 2013**

Join in the fun at Whitetail Mountain Resort in Mercersburg, Pennsylvania for our annual ski trip. The fee listed below is for transportation only. The lift ticket and equipment rental fee are paid by participant directly to Whitetail upon arrival.

Transportation by van or bus, depending on size of registration. Inclement weather date: Wednesday, January 30, 2013.

**Fee: \$25**

**Leave 8:30am, Return 4:30pm**

## And Coming this Spring....

Currently, the Cherry Blossom Cruise, York, PA, Ladew Gardens, Ed Bearss Historic Tours, Barnes Foundations, and Nationals and Orioles Baseball Games are among the many exciting trips in the planning stages.

## Waiting for Warmer Weather?

Look for other FEET (Family Entertainment & Exciting Trips) Trips in the planning stages:  
Spring Festivals, Kennedy Center Shows, Ocean City Springfest, Amusement Park Trips, Art Museums, Dinner Theatres and many more exciting family and Adult Trips.

## **FAMILY ENTERTAINMENT & EXCITING TRIPS**

*Whatever your age, we have a trip for you!  
Let the Family Memories Begin!*

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program planned with your interests in mind. Join us for our Fun Family and Adult trips being offered throughout each season and leave the driving to us. Registration begins Monday, November 12, 2012 at 8:30am.

Get ready to explore some of the most exciting destinations in the Mid-Atlantic! Take in museums, sports events, theaters, festivals, special events and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early, as seats go fast. Go by yourself, with friends, or take the whole family. Children under 18 must be accompanied by an adult. Flyers are available with more detailed information at all MCR-operated Senior and Community Centers and on-line. For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

**Please Note:** Due to the WSSC work at Holiday Park parking areas, All Fall and Winter 2012-13 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

### ***Toby's Baltimore- Sound of Music***

**Trip number: 344247      Sunday, January 27, 2013**

Toby's Dinner Theatre - Baltimore -The story by Howard Lindsay and Russel Crouse follows Maria, a high-spirited young woman who wants to become a nun, as she is dispatched to serve as governess to the seven unruly children of Captain Von Trapp. Von Trapp has become embittered since the death of his wife, and so he treats the children like "little marching machines." Enjoy the lunch buffet before the performance. Price includes transportation, buffet, and the show.



**Fee: \$79      Leave 9:30am, Return 3:30pm**

### ***U.S. Botanical Garden Conservatory & Union Station Lunch!***

**Trip number: 344442      Wednesday, February 13, 2013**

US Botanical Garden Conservatory & Union Station Lunch- Plants appeal to the senses - visitors of all ages are captivated by the sights, smells, sounds and textures that surround them in our Conservatory. The U.S. Botanic Garden is a museum with a difference. Our artifacts are the living treasures of the plant world. The towering leaves, graceful flowers, delicate seeds and exotic fruits of plants at their peak are displayed artfully throughout the historic Conservatory. Spend your time enjoying the greenhouse, which contains two courtyard gardens and 10 garden rooms under glass, totaling 28,944 square feet of growing space. Lunch is on your own at Union Station.



**Fee: \$39      Leave 9:30am, Return 4:00pm**

### ***Family Snow Tubing at Whitetail Mountain Resort***

**Trip number: 344246      Saturday February 23, 2013**

Snow Tubing at Whitetail Mountain Resort- Snow Tubing is fun for all ages. It is even more fun in a group with your family and friends at Whitetail Adventure Snow Tubing Park. If you like to sled, you'll love snow Tubing! It is one of the fastest growing winter sports in America because everyone can do it! It is all the thrills of sledding without the long hike back up the hill! No lessons. No equipment. We provide the tube- you have the fun! Off to the side from the Ski Mountains, the snow tubing area offers 10 'groomed lanes'. The lanes are all side by side and vary from one smooth descent down the hill to several up and down hills during the descent. All riders must be 5 years of age to ride the large runs. A special 'Kiddie' tubing run is available for children 2 to 4 years of age. All riders must read and sign a release form. Riders under 18 years of age must have a parent/guardian signature. Dress appropriately, warm clothing including gloves, hat and winter footwear are advised. After some quality tubing, slip inside and enjoy a nice cup of cocoa or one of our delicious food items on your own or stay by our fire pit on our outdoor patio. Price includes Transportation and Admission to the tubing park.



**Fee: \$49      Leave 8:00am, Return 3:30pm**



# THERAPEUTIC RECREATION



## **TR Basketball League**

Ages 18 and Up with disabilities: TEAM PRE-REGISTRATION REQUIRED (minimum 8, maximum 15 per team). A registration form must be submitted with each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days.

8 Sessions \$50  
344225 Mid County CC 1/20 Su 12:30pm - 3:00pm

## **Fun Rhythm & Roll**

Ages 15 and Up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

10 Sessions \$75  
Instructor: Sue E. Green  
344064 Holiday Park CC 1/5 Sa 10:00am - 10:45am

## **Adult Swim**

Ages 18 and Up with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions \$37  
344052 MLK Swim Center 1/8 Tu 8:00pm - 9:00pm  
344054 Germantown ISC 1/9 W 8:30pm - 9:30pm  
344055 Olney Swim Center 1/11 F 7:00pm - 8:00pm



## **MAINSTREAMING OPPORTUNITIES**

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential.

Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion.

Email: [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov)

## **TR BIG Game Nights**

Ages 13 & Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Meets 1/11, 1/25, 2/8, 2/22, 3/8.

5 Sessions \$40  
344092 Holiday Park CC 1/11 F 7:00pm - 9:30pm

## **Moving With Multiple Sclerosis**

Ages 18 & Up with Multiple Sclerosis or mobility impairments: Multiple Sclerosis, Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$48  
344070 Germantown CC 1/13 Su 1:00pm - 2:00pm

## **E-Z Hip Hop**

Join the fun and exciting dance moves to the beat of hip hop music. Designed especially for individuals with developmental disabilities. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

Instructor: Sue E. Green  
6 Sessions \$45

Ages 7-14 with disabilities.  
344060 Holiday Park CC 1/5 Sa 9:00am - 9:45am

10 Sessions \$75  
Ages 15 & Up with disabilities.  
344061 Holiday Park CC 1/5 Sa 11:00am - 11:45am

## **Karate for Individuals with Disabilities**

Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9:00 class.

10 Sessions \$90  
Instructor: Company Staff: TKA, Inc.

344068 Holiday Park CC 1/5 Sa 9:00am - 9:45am  
344069 Holiday Park CC 1/5 Sa 10:00am - 10:45am

## **Kaleidoscope Art**

Ages 13 & Up with disabilities: A structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified Art teacher with experience working with individual with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 4 participants.

6 Sessions \$45  
344045 Germantown CC 1/12 Sa 12:30pm - 2:00pm

## On The Move

Ages 16 to 21 who attend Learning For Independence (LFI) or School Community Base (SCB) in high school: Center/Community based activities that include cooking, games, trips on Ride-On (should purchase smart card) and more. Participants must have communication skills, basic money management skills, ability to travel safely and know how to have fun! All fees are to be paid by EACH participant. 1 staff to 5 participants.

6 Sessions \$80  
347066 Bauer Drive CC 1/12 Sa 12:00pm - 4:00pm

## Beginning Handbuilt Pottery for Adults

Ages 18 and Up with disabilities: Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$70  
Instructor: Pamela Reid  
344059 White Oak CC 1/7 M 7:00pm - 8:00pm  
344056 Wheaton CC 1/9 W 1:30pm - 2:30pm  
344057 Wheaton CC 1/9 W 2:30pm - 3:30pm  
344058 Ross Boddy CC 1/10 Th 10:30am - 11:30am

## Slow 'n Easy Aerobics

Ages 15 and Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35  
344082 Wheaton CC 1/7 M 7:00pm - 8:00pm  
344083 Potomac CC 1/10 Th 7:00pm - 8:00pm  
344084 Damascus CC 1/10 Th 7:00pm - 8:00pm  
344085 Bauer Drive CC 1/10 Th 7:00pm - 8:00pm

## Turn the Beat Around

Ages 15 and Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35  
344100 Upper County CC 1/9 W 7:00pm - 8:00pm  
344101 Wheaton CC 1/10 Th 7:00pm - 8:00pm

## Water Aerobics - TR

Ages 18 and Up with disabilities: If you need to get into shape, then this slow paced aerobics class done in shallow water to cushion feet, knees and back is for you. Workout includes using balls, noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning.

8 Sessions \$63  
Instructor: Peggy Brower  
344102 MLK Swim Center 1/13 Su 4:00pm - 4:45pm

## Watercolor and Drawing Exploration

Ages 18 and Up with disabilities: Learn the basics of opaque and transparent watercolor techniques. Experiment combining painting with drawing mediums such as charcoal and oil pastel. Please come with the desire to paint, draw and explore. Artist should be able to follow one and two-step instruction. \$15 materials fee due instructor.

8 Sessions \$70  
Instructor: Vivienne Cho  
344103 Wheaton CC 1/10 Th 10:00am - 10:45am

## TR Swimming with Multiple Sclerosis

This is a swimming and aquatic exercise class for people with MS and other disabilities who want work on their fitness and flexibility in an aquatic environment. Staff Ratio 1:6. No personal care provided. Please call and let us know if you need special accommodations (ie help transferring etc.) Call 240-777-6870 and ask for a TR Rec Specialist.

8 Sessions \$48  
344097 Kennedy Shriver Aq Ctr 1/10 Th 8:30pm - 9:30pm

## TR Yoga Basics

Ages 15 and Up with disabilities: Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$80  
Instructor: Irene Bopp  
344098 Bauer Drive CC 1/8 Tu 4:30pm - 5:30pm  
344099 White Oak CC 1/10 Th 2:00pm - 3:00pm

## VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours.

Training provided.

Call the Volunteer Coordinator at 240-777-6870

FIND US FAST ON YOUR SMARTPHONE



## TR DANCES

Theme Dances: D.J., light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to line dance. Party decorations make this dance complete. Dressing to the theme is encouraged but not required.

All dancers pay \$8.00 pre-registered or \$10 at the door.



## Viva Las Vegas Dance

Holiday Park Senior Center  
Saturday, January 26, 2013  
7:00pm - 10:00pm  
344094

## RODEO ROUND UP DANCE

Holiday Park Senior Center  
Saturday, March 9, 2013  
7:00pm - 10:00pm  
344095

WE

RENT



## ROOMS FOR RENT

CONVENIENT AND AFFORDABLE. GREAT FOR PARTIES OR MEETINGS, AMPLE PARKING, TABLES AND CHAIRS SUPPLIED, MOST CENTERS HAVE KITCHENS. MUST SEE. CONTACT CENTER FOR AVAILABILITY AND TOUR. SEE PAGE 91 FOR LOCATIONS.



*Lots of Space!*



*Making Memories*



*Business Saavy*

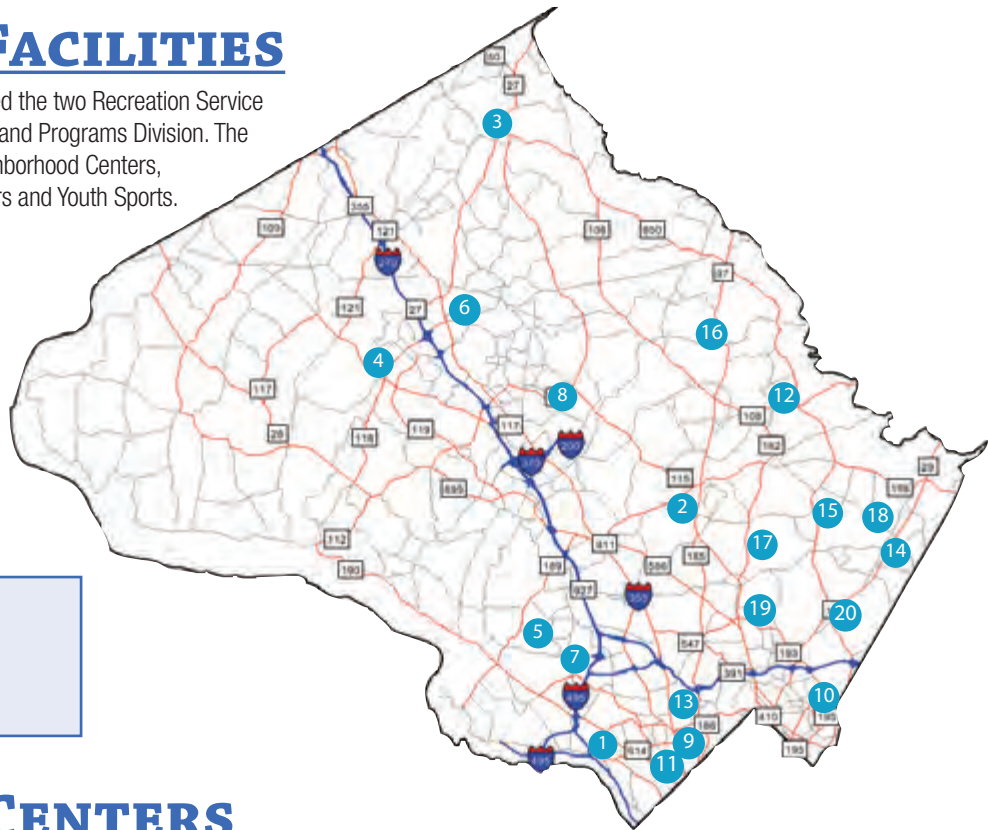
## RECREATION COMMUNITY FACILITIES

The Department of Recreation has combined the two Recreation Service Regions to create the Community Facilities and Programs Division. The Division consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Fall Fun Centers and Youth Sports.

### COMMUNITY FACILITIES AND PROGRAMS

240-777-4980

3950 Ferrara Dr., Wheaton



**Aquatic Centers:** See page 10.

**Senior & Senior Neighborhood Centers:** See page 75 & 76.

**Facility Locations:** See page 96.

## RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NCRs can also be rented. Call for specific hours and availability.

### Area I

- |                                      |  |  |
|--------------------------------------|--|--|
| <b>1 Clara Barton NRC</b>            | <b>240-777-4910</b>  |  |
| 7425 MacArthur Boulevard, Cabin John |  |  |
| <b>2 Bauer Drive CRC</b>             | <b>240-777-6922</b>  |  |
| 14625 Bauer Drive, Rockville         |  |  |
| <b>3 Damascus CRC</b>                | <b>240-777-6930</b>  |  |
| 25520 Oak Drive, Damascus            |  |  |
| <b>4 Germantown CRC</b>              | <b>240-777-8095</b>  |  |
| 18905 Kingsview Road, Germantown     |  |  |
| <b>5 Potomac CRC</b>                 | <b>240-777-6960</b>  |  |
| 11315 Falls Road, Potomac            |  |  |
| <b>6 Plum Gar NRC</b>                | <b>Closed for Renovations</b><br><b>Closed for Renovations</b> |  |
| 19561 Scenery Drive,                 |  |  |
| <b>7 Scotland NRC</b>                |  |  |
| 7700 Scotland Drive,                 |  |  |
| <b>8 Upper County CRC</b>            | <b>240-777-8077</b>  |  |
| 8201 Emory Grove Road, Gaithersburg  |  |  |

### Area II

- |  |                     |
|--|---------------------|
| <b>9 Jane E. Lawton CRC</b>            | <b>240-777-6855</b> |
| 4301 Willow Lane, Chevy Chase          |                     |
| <b>10 Long Branch CRC</b>              | <b>240-777-6965</b> |
| 8700 Piney Branch Road, Silver Spring  |                     |
| <b>11 Wisconsin Place CRC</b>          | <b>240-777-8088</b> |
| 5311 Friendship Boulevard, Chevy Chase |                     |

### Area III

- |   |                     |
|---|---------------------|
| <b>12 Ross J. Boddy CRC</b>             | <b>240-777-8050</b> |
| 18529 Brooke Road, Sandy Fall           |                     |
| <b>13 Gwendolyn Coffield CRC</b>        | <b>240-777-4900</b> |
| 2450 Lyttonsville Road, Silver Spring   |                     |
| <b>14 East County CRC</b>               | <b>240-777-8090</b> |
| 3310 Gateshead Manor Way, Silver Spring |                     |
| <b>15 Good Hope NRC</b>                 | <b>240-777-8055</b> |
| 14715 Good Hope Road, Silver Spring     |                     |
| <b>16 Longwood CRC</b>                  | <b>240-777-6920</b> |
| 19300 Georgia Avenue, Brookeville       |                     |
| <b>17 Mid-County CRC</b>                | <b>240-777-6820</b> |
| 2004 Queensguard Road, Silver Spring    |                     |
| <b>18 Marilyn J. Praisner CRC</b>       | <b>240-777-4970</b> |
| 14906 Old Columbia Pike, Burtonsville   |                     |
| <b>19 Wheaton NRC</b>                   | <b>240-777-8057</b> |
| 11711 Georgia Avenue, Wheaton           |                     |
| <b>20 White Oak CRC</b>                 | <b>240-777-6940</b> |
| 1700 April Lane, Silver Spring          |                     |



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### Schools

Barnsley, Lucy Elementary School-14516 Nadine DR, Rockville, 20853  
Bells Mill Elementary School-8225 Bells Mill RD, Potomac, 20854  
Bethesda Elementary School-5011 Moorland LN, Bethesda, 20814  
Bethesda-Chevy Chase HS-4301 East West Highway, Bethesda, 20814  
Blair, Montgomery High School-51 University BLVD E, Silver Spring, 20901  
Broad Acres Elementary School-710 Beacon RD, Silver Spring, 20903  
Brooke Grove Elementary School-2700 Spartan RD, Olney, 20832  
Cabin John Middle School-10701 Gainsborough RD, Potomac, 20854  
Churchill, Winston High School-11300 Gainsborough RD, Potomac, 20854  
Clemente, Roberto Middle School-18808 Waring Station RD, Germantown, 20874  
Cloverly Elementary School-800 Briggs Chaney RD, Silver Spring, 20904  
Cold Spring Elementary School-9201 Falls Chapel WAY, Potomac, 20854  
DuFief Elementary School-15001 DuFief DR, Gaithersburg, 20878  
Einstein, Albert High School-11135 Newport Mill Rd, Kensington, 20895  
Frost, Robert Middle School-9201 Scott DR, Rockville, 20850  
Greenwood Elementary School-3336 Gold Mine RD, Brookeville, 20833  
Johnson, Walter High School-6400 Rock Spring DR, Bethesda, 20814  
Kensington-Parkwood Elementary School-710 Saul RD, Kensington, 20895  
Kingsview Middle School-18909 Kingsview RD, Germantown, 20874  
Lakewood Elementary School-2534 Lindley TER, Rockville, 20850  
Luxmanor Elementary School-6201 Tilden LN, Rockville, 20852  
Marshall, Thurgood Elementary School-12260 McDonald Chapel DR, Gaithersburg, 20876  
McAuliffe, S. Christa Elementary School-12500 Wisteria DR, Germantown, 20874  
Montgomery Village Middle School-19300 Watkins Mill RD, Gaithersburg, 20879  
North Bethesda Middle School-8935 Bradmoor ST, Bethesda, 20817  
Oakland Terrace Elementary School-2720 Plyers Mill RD, Silver Spring, 20902  
Olney Elementary School-3401 Queen Mary DR, Olney, 20832  
Parkland Middle School-4610 West Frankford DR, Rockville, 20853  
Parks, Rosa Middle School-19200 Olney Mill RD, Olney, 20832  
Poole, John Middle School-17014 Tom Fox AVE, Poolesville, 20837  
Potomac Elementary School-10311 River RD, Rockville, 20854  
Resnik, Judith A. Elementary School-7301 Hadley Farms DR, Gaithersburg, 20879  
Rock View Elementary School-3901 Denfeld AVE, Kensington, 20895  
Rolling Terrace Elementary School-705 Bayfield ST, Takoma Park, 20912  
Rosemary Hills Elementary School-2111 Porter RD, Silver Spring, 20910  
Sligo Creek Elementary School-500 Schuyler RD, Silver Spring, 20910  
Springbrook High School-201 Valleybrook DR, Silver Spring, 20904  
Tilden Middle School-11211 Old Georgetown RD, Rockville, 20852  
Viers Mill Elementary School-11711 Joseph Mill RD, Silver Spring, 20906  
Wayside Elementary School-10011 Glen RD, Potomac, 20854  
Wheaton High School-12601 Dalewood DR, Wheaton, 20906  
White Oak Middle School-12201 New Hampshire AVE, Silver Spring, 20904  
Whitman, Walt High School-7100 Whittier BLVD, Bethesda, 20817  
Wood Middle School-14615 Bauer DR, Rockville, 20853  
Woodlin Elementary School-2101 Luzerne AVE, Silver Spring, 20910  
Wyngate Elementary School-9300 Wadsworth DR, Bethesda, 20817

### Parks

Capital View-Homewood Local Park-2929 Edgewood RD, Kensington, 20895  
Norwood Local Park-4700 Norwood DR, Chevy Chase, 20815  
Olney Manor Recreational Park-16601 Georgia AVE, Olney, 20832  
Pilgrim Hills Local Park-1615 E Randolph RD, Colesville, 20904  
Quince Orchard Valley Neighborhood Park-12015 Suffolk TER, Gaithersburg, 20878  
Tanglewood Neigh Park-2868 Schubert DR, Colesville,  
Veirs Mill Local Park-4425 Garrett Park RD, Wheaton, 20906  
Wheaton-Claridge Local Park-11901 Claridge RD, Wheaton, 20902

### Recreation Facilities

Bauer Drive Community Center-14625 Bauer DR, Rockville, 20853  
Clara Barton Community Center-7425 MacArthur BLVD, Cabin John, 20818  
Damascus Community Recreation Center-25520 Oak DR, Damascus, 20872  
East County Community Center-3310 Gateshead Manor WAY, Silver Spring, 20904  
Germantown Community Center-18905 Kingsview DR, Germantown, 20874  
Gwendolyn Coffield Community Center-2450 Lyttonsville RD, Silver Spring, 20910  
Holiday Park Senior Center-3950 Ferrara DR, Wheaton, 20906  
Jane E. Lawton Community Center-4301 Willow LN, Chevy Chase, 20815  
Long Branch Community Center-8700 Piney Branch RD, Silver Spring, 20901  
Longwood Community Center-19300 Georgia AVE, Brookeville, 20833  
Marilyn J. Praisner Community Center-14906 Old Columbia PKY, Burtonsville, 20866  
Mid County Community Center-2004 Queensguard RD, Silver Spring, 20906  
Potomac Community Center-11315 Falls RD, Potomac, 20854  
Ross Boddy Community Center-18529 Brooke RD, Sandy Spring, 20860  
Schweinhaut Senior Center-1000 Forest Glen RD, Silver Spring, 20901  
Germantown Indoor Swim Center-18000 Central Park Cir, Boyds, 20841  
Kennedy Shriver Aquatic Center-5900 Executive BLVD, N. Bethesda, 20814  
Martin Luther King Swim Center-1201 Jackson RD, Silver Spring, 20904  
Olney Swim Center-16601 Georgia AVE, Olney, 20832  
Upper County Community Center-8201 Emory Grove RD, Gaithersburg, 20877  
Wheaton Community Center-11711 Georgia AVE, Wheaton, 20902  
White Oak Community Recreation Center-1700 April LN, Silver Spring, 20904  
Wisconsin Place Community Rec Ctr-5311 Friendship BLVD, Chevy Chase, 20815

### Libraries

Davis Community Library-6400 Democracy BLVD, Bethesda, 20817  
Wheaton Regional Library-11701 Georgia AVE, Wheaton, 20902

### Other Facilities

Create Arts Center-816 Thayer AVE, Silver Spring, 20910  
Divine Life Yoga Studio-19008 High Point DR, Gaithersburg, 20878  
Golden School of Music-8004 A Norfolk AVE, Bethesda, 20814  
Gymnastics of America, Inc.-9168 Gaither RD, Gaithersburg, 20877  
Kritt Studio-14817 Brownstone DR, Burtonsville, 20866  
Yoga Plus - Bethesda-8200 Hamilton Springs CT, Bethesda, 20817  
Yoga Plus - Potomac-9908 S Glen RD, Potomac, 20854



## MONTGOMERY PARKS • WINTER 2012-2013



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- back cover Wheaton Sports Pavilion

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- (Fill out green section for Parks classes)

### REGISTRATION OPENS

for Brookside Gardens,  
all Nature Centers,  
and South Germantown  
Driving Range  
...on **NOVEMBER 14/15\***

for Ice Skating & Hockey  
January classes...  
**DECEMBER 17/18\***  
thru **JANUARY 8**  
March classes...  
**FEBRUARY 21/22\*** thru **27**

for Indoor Tennis...  
December classes...  
**DECEMBER 2/3\***  
February classes...  
**JANUARY 27/28\***

*\* Registration is open to  
Montgomery County residents  
one day early for all classes;  
next day registration is open to  
all. See specific sections for more  
registration information.*



### MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

#### OFFICE OF THE CHAIR

Winter 2012-2013

Dear Montgomery County Resident,

It doesn't cost a dime to visit, play in and explore any one of the 416 parks in the Montgomery Parks system. But did you know that there are hundreds of free or low-cost, fun and educational things to do and see in Montgomery Parks? These activities, classes and events are planned and run by dedicated Parks employees, including naturalists, horticulturists, and recreation professionals.

Here's just a handful of the many free things you can do in the Parks this winter:

- \* Enjoy an old-fashioned "Christmas on the Farm" at the Agricultural History Farm Park December 8 and 9 (visit [www.AgHistoryFarm.org](http://www.AgHistoryFarm.org) for details).
- \* Join us for one of many free activities at one of our four Nature Centers or Brookside Gardens. There are more than 40 free activities in this Guide, including naturalist-led hikes, two scavenger hunts, nature storytimes and crafts, and even classes for teachers (see "Teacher Tuesdays" at Brookside Nature Center), to give them great ideas to bring back to their students.
- \* Explore a beautiful trail on foot, bicycle or even on horseback; visit [www.MontgomeryTrails.org](http://www.MontgomeryTrails.org) for maps and more information.
- \* Enjoy a spectacular Ice Show at either (or both) of our two ice rinks (December 1 at Cabin John Ice, January 12 at Wheaton Ice Arena).

There are also some wonderful things to do in the Parks that don't cost an arm and a leg:

- \* Walk through the breathtaking "Garden of Lights" display at Brookside Gardens (Nov. 23-Jan.6).
- \* Go ice skating at Cabin John or Wheaton ice rink. Check out the "Cheapskates" and special events, too. Visit [www.CabinJohnIce.com](http://www.CabinJohnIce.com) or [www.WheatonIceArena.com](http://www.WheatonIceArena.com) for details.
- \* Our four Nature Centers also offer a great variety of inexpensive, family-friendly classes and programs, both during the week and on weekends. Your children can learn about animals, plants, bugs, weather, history, conservation, and so much more from our knowledgeable Naturalists. Don't miss the Maple Sugar Festival at Brookside Nature Center on February 24!
- \* On some MCPS days off (e.g. teacher training days, etc.) "Park Play Days" are on! Your child gets a full day of fun, including ice skating lessons, arts and crafts, team games and sports, all for \$40. Check [www.ParkPASS.org](http://www.ParkPASS.org) for dates and more information.

Remember, we want to hear from you. If you've visited a Park facility recently, go to [www.MontgomeryParks.org](http://www.MontgomeryParks.org) and click on the "How Are We Doing?" button at the right side of the page to take an online survey. If you have a question or concern about Parks, click on "Contact Parks" in the left menu on the home page, and let us know what you're thinking.

Have a wonderful winter, and see you in the Parks!

Françoise M. Carrier  
Chair

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320  
[www.MCParkandPlanning.org](http://www.MCParkandPlanning.org) E-Mail: [mcp-chairman@mncppc.org](mailto:mcp-chairman@mncppc.org)

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**Love your parks? Help support them!**



*Montgomery Parks*  
FOUNDATION

**Visit [MontgomeryParksFoundation.org](http://MontgomeryParksFoundation.org)**



**Join**

Being a Friend of Montgomery Parks is a great way to support our green, open spaces and the wonderful parks of Montgomery County. Friends receive access to special Friends-only events and programs, benefit from special discounts, receive our e-newsletter, and will receive a bumper sticker or magnet so you can display your support.



**Dedicate  
benches**

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a bench in one of Montgomery County's beautiful parks. The Montgomery Parks Foundation will purchase and arrange for the installation of your new park, trail or garden bench, or you may choose to adopt an existing bench.

**trees**

Planting a new tree or adopting an existing tree in one of our parks is a perfect way to remember or honor loved ones, community members and friends. The Montgomery Parks Foundation will arrange for the installation of a new tree from October 1 through April 30, during the planting season, or you can adopt an existing tree anytime!



# MONTGOMERY PARKS Directory

## BOATING & FISHING

**Black Hill Boats** • Black Hill Regional Park  
20920 Lake Ridge Drive, Boyds, MD 20841  
301-972-6157 weekends • 301-528-3490 Monday-Friday  
[www.BlackHillBoats.com](http://www.BlackHillBoats.com)

**Lake Needwood Boats** • Rock Creek Regional Park  
15700 Needwood Lake Circle, Rockville, MD 20855  
301-762-9500 info • 301-948-0501 Park Manager  
[www.LakeNeedwoodBoats.com](http://www.LakeNeedwoodBoats.com)

## CAMPING

**Little Bennett Campground** • Little Bennett Regional Park  
23701 Frederick Road, Clarksburg, MD 20871  
301-528-3430 • [www.LittleBennettCampground.com](http://www.LittleBennettCampground.com)

## CAROUSEL

**Ovid Hazen Wells Carousel** • Wheaton Regional Park; see "Trains"

## CULTURAL & HISTORIC ATTRACTIONS

Visit [www.HistoryintheParks.org](http://www.HistoryintheParks.org) for more information and sites.

**Oakley Cabin African American Museum**  
3610 Brookeville Road, Olney, MD 20832  
301-650-4373 • [www.OakleyCabin.org](http://www.OakleyCabin.org)

**Underground Railroad Experience Trail**  
16501 Norwood Rd., Sandy Spring, MD 20860  
301-650-4373 • [www.UndergroundRRExperience.org](http://www.UndergroundRRExperience.org)

**Agricultural History Farm Park**  
18400 Muncaster Road, Derwood, MD 20855  
301-650-4373 • [www.AgHistoryFarm.org](http://www.AgHistoryFarm.org)

## DOG PARKS

**Black Hill Regional Park Dog Park**  
20930 Lake Ridge Drive, Boyds, MD 20841  
*On Picnic Lane, SE of boat rentals on Lake Ridge Dr.*

**Cabin John Regional Park Dog Park**  
10900 Westlake Drive, Bethesda, MD 20876

**Olney Manor Recreational Park Dog Park**  
16601 Georgia Avenue, Olney, MD 20832  
*Near Ballfield #4, across from the concession stand.*

**Ridge Road Recreational Park Dog Park**  
21155 Frederick Road, Germantown, MD 20876  
*North of the soccer field, west of the in-line hockey rink.*

**Wheaton Regional Park Dog Park**  
11717 Orebaugh Avenue, Silver Spring, MD 20902  
*East of Wheaton Outdoor Rink; use Orebaugh Avenue entrance to park.*

## EVENT CENTERS

Looking for the perfect spot for a wedding, family reunion, birthday, anniversary, retirement celebration, business meeting or retreat? Montgomery Parks is the natural choice! Visit [www.ParkEventCenters.com](http://www.ParkEventCenters.com) for more information.

**Agricultural History Farm Park**  
18400 Muncaster Road, Derwood, MD 20855  
301-299-5026 information & reservations • 301-670-4661  
[www.ParkEventCenters.com](http://www.ParkEventCenters.com) or [www.AgHistoryFarm.org](http://www.AgHistoryFarm.org)  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

Available for private rentals, and open for Parks-sponsored special events such as Harvest Festival, Gas & Steam Engine Show, and Parks camps and classes.

## EVENT CENTERS (cont.)

**Brookside Gardens** • Wheaton Regional Park  
1800 Glenallen Avenue, Wheaton, MD 20902  
301-962-1404 information & reservations  
Email: [EventManager@MontgomeryParks.org](mailto:EventManager@MontgomeryParks.org)

**Lodge at Little Seneca Creek**  
14500-A Clopper Road, Boyds, MD 20841  
301-299-5026 information & reservations  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

**Rockwood Manor ParkPASS**  
11001 MacArthur Boulevard, Potomac, MD 20854  
301-299-5026 information & reservations  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

**Woodlawn Manor Park**  
16501 Norwood Road, Sandy Spring, MD 20860  
301-299-5026 information & reservations  
Email: [EventCenters@MontgomeryParks.org](mailto:EventCenters@MontgomeryParks.org)

## FUTSAL

**NEW!**

**Wheaton Sports Pavilion** in Wheaton Regional Park; see "Soccer"

## GARDENS

**Brookside Gardens** • Wheaton Regional Park **ParkPASS**  
1800 Glenallen Ave., Wheaton, MD 20902  
301-962-1400 general information • 301-962-1404 event rentals  
[www.BrooksideGardens.org](http://www.BrooksideGardens.org)

**McCrillis Gardens**  
6910 Greentree Road, Bethesda, MD 20817  
301-962-1455 • [www.McCrillisGardens.org](http://www.McCrillisGardens.org)

## GOLF

**South Germantown Driving Range ParkPASS**  
South Germantown Recreational Park  
18045 Central Park Circle, Boyds, MD 20841  
301-670-4670 • [www.SGDrivingRange.com](http://www.SGDrivingRange.com)

## HORSEBACK RIDING & STABLES

**Callithea Farm Park**  
15000 River Rd., Potomac, MD 20854 • 301-977-8010

**Meadowbrook Riding Stables**  
8200 Meadowbrook Lane, Chevy Chase, MD 20815  
301-589-9026 • [www.MeadowbrookStables.com](http://www.MeadowbrookStables.com)

**Potomac Horse Center**  
14211 Quince Orchard Rd., N. Potomac, MD 20878  
301-208-0200 • [www.PotomacHorse.com](http://www.PotomacHorse.com)

**Rickman Farm Horse Park**  
17320 Moore Rd., Boyds, MD 20841  
1-301-349-0075 • [www.GreatandSmallDC.org](http://www.GreatandSmallDC.org)

**Wheaton Regional Park Stables**  
1101 Glenallen Ave., Wheaton, MD 20902  
301-622-2424 • [www.WheatonParkStables.com](http://www.WheatonParkStables.com)

**Woodstock Equestrian Park**  
20100 Darnestown Rd., Beallsville, MD 20839  
301-767-0002 • [www.EquestrianPark.org](http://www.EquestrianPark.org)

Equestrian facilities are managed by private operators through partnerships with The Maryland-National Capital Park and Planning Commission (M-NCPPC).



## CONTACT

- To report maintenance issues or problems in a park:  
**301-670-8080**
- To reserve a picnic shelter or Park Activity building:  
**www.ParkPermits.org**  
**301-495-2525**
- Athletic Field Rainout number:  
**301-765-8787**
- Park Police:  
**301-949-3010**
- For info on a Montgomery Parks class or program:  
**301-495-2580**  
**www.ParkPASS.org**  
MCP-ParkPassHelp  
@MontgomeryParks.org
- To volunteer in the Parks:  
**www.ParksVolunteers.org**
- General Information:  
**301-495-2595**  
**www.MontgomeryParks.org**
- For info about a specific park:  
**www.MontgomeryParks.org**  
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at **http://twitter.com/MontgomeryParks**
- Support MontgomeryParks! Visit **www.MontgomeryParksFoundation.org**

## ICE SKATING

### Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park  
10610 Westlake Drive, Rockville, MD 20852  
301-765-8620 • [www.CabinJohnIce.com](http://www.CabinJohnIce.com)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.*

### Wheaton Ice Arena **ParkPASS**

Wheaton Regional Park  
11717 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3000 • [www.WheatonIceArena.com](http://www.WheatonIceArena.com)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.*

## LACROSSE

**NEW!**

### Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

## MINIATURE GOLF

### South Germantown Miniature Golf

South Germantown Recreational Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

## NATURE CENTERS

### Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park  
20926 Lake Ridge Dr., Boyds, MD 20841  
301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)

### Brookside Nature Center **ParkPASS**

Wheaton Regional Park  
1400 Glenallan Avenue, Wheaton, MD 20902  
301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)

### Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park  
7777 Democracy Boulevard, Bethesda, MD 20817  
301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)

### Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park  
5100 Meadowside Lane, Rockville, MD 20855  
301-258-4030 • [www.MeadowsideNature.org](http://www.MeadowsideNature.org)

## SOCCER

**NEW!**

### Wheaton Sports Pavilion

in Wheaton Regional Park (former Outdoor Rink)  
11751 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3070 • [www.WheatonSportsPavilion.com](http://www.WheatonSportsPavilion.com)

*200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, league play and more.*

## SPLASH PLAYGROUND

### South Germantown Splash Playground

South Germantown Regional Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

## SKATEBOARDING & INLINE

### Olney Manor Skate Park

Olney Manor Regional Park  
16601 Georgia Avenue, Olney, MD 20832  
301-905-3095 • [www.OlneyManorSkate.com](http://www.OlneyManorSkate.com)

## TENNIS (Indoor)

### Pauline Betz Addie Tennis Center **ParkPASS**

at Cabin John Regional Park  
7801 Democracy Blvd., Bethesda, MD 20817  
301-765-8650 • [www.CabinJohnTennis.com](http://www.CabinJohnTennis.com)

### Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park  
11715 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3030 • [www.WheatonTennis.com](http://www.WheatonTennis.com)

## TENNIS (Outdoor)

*Outdoor courts are available to use free of charge on a first-come, first-served basis in 127 Montgomery Parks (unless they've been reserved through Park Permits). Lessons are held on selected courts in the spring, summer and fall.*

Complete court list: [www.MontgomeryParks.org](http://www.MontgomeryParks.org)  
Outdoor tennis lesson info: [www.ParkPASS.org](http://www.ParkPASS.org)  
Reserve a court: [www.ParkPermits.org](http://www.ParkPermits.org)

## TRAILS

Visit [www.MontgomeryTrails.org](http://www.MontgomeryTrails.org) for maps and detailed information about the 200 miles of trails in the Parks.

## TRAINS (Miniature)

### Cabin John Miniature Train

Cabin John Regional Park  
7410 Tuckerman Lane, Rockville, MD 20852  
301-765-8670 • 301-650-2880 party rentals  
[www.CabinJohnTrain.com](http://www.CabinJohnTrain.com)

### Wheaton Miniature Train

Wheaton Regional Park  
2000 Shorefield Road, Wheaton, MD 20902  
301-942-6703 • 301-650-2880 party rentals  
[www.WheatonTrainandCarousel.com](http://www.WheatonTrainandCarousel.com)

## CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks athletic fields is managed by the Office of Community Use of Public Facilities (CUPF).

To reserve a ballfield, visit [www.MontgomeryCountyMD.gov/CUPF](http://www.MontgomeryCountyMD.gov/CUPF) or call 240-777-0311.

## What is ParkPASS?

**ParkPASS** is Montgomery Parks' online registration system for classes and programs.

When you see the words "**ParkPASS**" next to a facility name in this directory, it means there are people at that facility who can help you register for any Parks program using the ParkPASS online registration system.

You can also open a new ParkPASS account at these locations. Facility hours vary; please call before stopping by.

To open your free ParkPASS account online, visit [www.ParkPASS.org](http://www.ParkPASS.org)

## Garden of Lights

Winter Walk-through Holiday Light Display

November 23, 2012 to January 6, 2013\*

Brookside Gardens is transformed into a magical winter wonderland, illuminated with more than one million twinkling colorful LED lights shaped into original art forms of flowers, animals and other natural elements. Enjoy this unique walk-through holiday light show that outshines all other displays with its creative, in-house designs that you won't see elsewhere.

### The Conservatory Train Exhibit

Open each night of the show, and during the days starting December 1

### Wreath and Centerpiece Sale

Saturday, December 1, 9:00am-4:00pm

### New Year's Eve Celebration

Crafts, face painting, giveaways for the kids – open until 9:00pm

*Please donate a new, unwrapped toy to the "Angels for Children" Toy Drive and/or donate non-perishable food to the Capital Area Food Bank*

**Information line: 301-962-1453**

### Admission

Monday – Thursday – \$20 car/van

Friday – Sunday – \$25 car/ van

Cash only

### Advanced Ticket Sales

On sale November 1 at the Gift Shops  
\$20/vehicle, good any night

### Hours of Operation

Sunday – Thursday, 5:30 – 9:00pm

Friday – Saturday, 5:30 – 10:00pm

\*Closed December 24 & 25 and January 1-3



## GREEN MATTERS SYMPOSIUM

The New American Landscape

Friday, February 22, 2013 • 8:30am-4:00pm

Join us as we focus on the next chapter of American horticulture and the emphasis on sustainability that will drive landscape design in the coming decades. Sustainability has entered the mainstream. We see it associated with our food, building materials, and even the Olympics, but what does it really mean and how does it apply to landscape design? Join keynote speaker Heather Venhaus as she examines the broad issue of site sustainability and discusses the potential of small-scale sites and residential landscapes to improve ecosystem function and benefit human health and well-being. Heather will explore trends in sustainable design and provide guidance for becoming a leader in the green building movement. For a complete listing of speakers and topics, please visit [www.BrooksideGardens.org](http://www.BrooksideGardens.org)

Register for Course #212968 at [www.ParkPASS.org](http://www.ParkPASS.org); Fee \$89

Join us for Happy Hour immediately following the Symposium: Course #224799; Fee \$15



### Summer Camps are Coming!

Look for information about exciting new summer camps and registration to begin in January.



1800 Glenallan Avenue • Wheaton, MD 20902  
301-962-1400 • www.BrooksideGardens.org



## Adult Programs

### Drawing 101

Would you like to learn how to draw? By learning the technique of observation, correct pencil hold, perspective, and composition basics, you'll be well on your way! Step-by-step instruction, an experienced teacher who follows the school's syllabus, and lots of individual guidance will have you drawing and enjoying these classes. *The weekly class program, including materials required, is mailed with registration confirmation. If you register online, please call 301-962-1451 to request a weekly program and materials list.*

223599 18 & up 2 Classes \$217  
Saturday, February 23 & Saturday, March 9 9:00am-4:30pm

### Trees Matter Symposium: Trees and the Built Environment

Trees are invaluable: they cleanse and cool our air, stabilize our soils, provide wildlife habitat and beautify our urban and suburban streets. Given what we know about the importance of trees, we must do all that we can to ensure their survival in our built environment.

Attend "Trees Matter 2012" to learn from some of the country's leading experts about innovative efforts to plant, protect and preserve trees in urban and suburban settings. This year's speakers include Paul Meyer of the Morris Arboretum and Eric "T" Fleisher of Battery Park City Parks Conservancy. This symposium is ideal for landscape industry professionals, homeowners, designers, engineers and project managers. *CEUs are available. Please visit [www.BrooksideGardens.org](http://www.BrooksideGardens.org) for more details.*

213051 18 & up 1 Class \$59 11/15 Th 8:00am-5:00pm



### Thanksgiving Centerpiece

Join Karen Nelson Kent, AFID to create a beautiful Thanksgiving centerpiece combining flowers and colorful seasonal materials. Adorn this year's holiday table with a striking accent. *FOBG: \$44*

213201 18 & up 1 Class \$49  
11/20 Tu 1:30pm-3:30pm

214600 18 & up 1 Class \$49  
11/20 Tu 6:30pm-8pm

### Holiday Wreath Workshop

Adorn your door with a beautifully decorated holiday wreath in this new workshop. Karen Nelson Kent,

### Holiday Wreath Workshop (cont.)

AIFD, will teach you to dress up that store-bought wreath with seasonal holiday materials. *Fee covers all materials, including a fresh-greens wire-frame wreath and decorative materials. FOBG \$54*

213199 18 & up 1 Class \$59 12/4 Tu 2:00pm-3:30pm  
213200 18 & up 1 Class \$59 12/4 Tu 6:30pm-8:00pm

### Not-So-Traditional Holiday Entertaining **FREE**

Enjoy this popular program that combines the pleasures of dining with the aesthetic detail of floral design. Learn some new and delectable recipes from the Cook sisters, Adrienne and Danielle, while Karen Nelson Kent, AIFD, inspires your creativity and helps you set the holiday "stage" with flowers.

213126 18 & up 1 Class Free 12/7 F 10:00am-11:30am

### Terrific Topiary

Join Joan O'Rourke for this fabulous new class. Create a one-of-a-kind indoor container display with a unique topiary form. *FOBG \$40*

212349 18 & up 1 Class \$44 12/11 Tu 10:00am-12:00pm  
212350 18 & up 1 Class \$44 12/12 W 10:00am-12:00pm

### Paint a Page of Flowers

Come paint (color in) a Victorian style page of flowers. Beginners will be introduced to watercolor techniques, while those with more experience will have the opportunity to hone their skills. Learn how to easily add details using colored pencil. Each student will be provided with a sheet of watercolor paper with the flowers outlined and ready to paint by referring to material provided by the instructor. *No prerequisite. In addition to the class fee, a small fee for watercolor paper will be charged, to be paid to the instructor at class. A materials list is available upon registration.*

198251 18 & up 1 Class \$55 12/13 Th 10:00am-1:30pm



**FREE**

### Holiday Centerpiece

Join us to make a long-lasting, festive centerpiece using fresh greens surrounding a candle and adorned with seasonal decorations. Make one for yourself and one for a friend! *Fee includes all materials for two centerpieces. FOBG \$44*

211949 18 & up 1 Class \$49 12/18 Tu 10:00am-12:00pm  
211950 18 & up 1 Class \$49 12/18 Tu 1:30pm-3:30pm

### Terrarium Workshop

Joan O'Rourke, Friends of Brookside Gardens, has collected terrarium plants for years. Join her for this new workshop to build your own with some of her favorite terrarium plants. *FOBG \$44*

215249 18 & up 1 Class \$49 1/9 W 10:00am-12:00pm

### Saturday Storytimes

**Through December 8**  
Encourage your child's imagination and creativity at our free nature story and craft. We'll read a different story each week, followed by a hands-on craft. Join us on Saturdays, 10-10:30am. For children ages 3-6. No registration required—just show up and enjoy!



## Cooking in the GARDENS

### Artful Artichokes

Legendary globe thistles of France take center stage in this line-up of recipes that deploy the surprisingly sweet and highly nutritious vegetable in unusual ways. **FOBG: \$28**  
211849 18 & up 1 Class \$32 12/12 W 12:00pm-1:30pm

### Bean Bonanza

The hardness of shell beans makes all the difference in a winter soup or stew. High in protein, these legumes can even take the place of meat. The Cook Sisters will show you how. **FOBG \$28**  
211850 18 & up 1 Class \$32 1/23 W 12:00pm-1:30pm

### Gluten Gone

Old favorites without the gluten—learn ways to make familiar dishes using fresh local ingredients, so you won't even notice the gluten is gone! **FOBG: \$28**  
211851 18 & up 1 Class \$32 2/27 W 12:00pm-1:30pm

### Green Matters Symposium: The New American Landscape

Sustainability has entered the mainstream. We see it associated with our food, building materials, and even the Olympics, but what



does it really mean and how does it apply to landscape design? Join keynote speaker Heather Venhaus, author of *Designing the Sustainable Site: Integrated Design Strategies for Small Scale Sites and Residential Landscapes* (Wiley, March 2012) as she examines the broad issue of site sustainability. She'll discuss the potential of small-scale sites and residential landscapes to improve ecosystem function and benefit human health and well-being, explore trends in sustainable design, and provide guidance for becoming a leader in the

green building movement. Complete program details will be available in mid-November at [www.BrooksideGreen.org](http://www.BrooksideGreen.org).

212968 18 & up 1 Class \$89 2/22 F 8:00am- 4:30pm

### Rain Garden Workshop

with members of the Montgomery County  
Department of Environmental Protection staff

Learn how you can transform your yard into a natural ecosystem to help soil capture and filter rainwater. Use these techniques to evaluate your yard, and gain the knowledge needed to create a rain garden that uses native plants and enhanced soils to create a watershed-friendly garden full of beauty and life. Learn what you need to know to be able to either develop a planting plan or work with a design professional to create your materials list to create your garden. We'll also talk about the County's RainScapes Rewards rebate program to assist with funding your project, and how to apply! Bring a bag lunch or snack, if you'd like. **FOBG \$10**

219249 18 & up 1 Class \$12 3/1 F 10:00am- 1:00pm

219250 18 & up 1 Class \$12 3/2 Sa 10:00am- 1:00pm

### Philadelphia Flower Show

## Brilliant!

A perennial favorite, the Philadelphia International Flower Show is always a crowd-pleaser. In 2013, the Philadelphia International Flower Show prepares for a "British Invasion." Receive the royal treatment as you explore acres of great gardens and learn from the world's most celebrated growers and florists.

*Fee includes coach transportation and entrance fee.*

*Your lunch/dinner may be purchased at the show.*

213149 18 & up 1 Class \$89 3/5 Tu 7:00am- 7:00pm

213151 18 & up 1 Class \$89 3/7 Th 10:30am-10:30pm

### Colored Pencil I

Experiment with different brands of colored pencils on a variety of surfaces, including papers of different colors and values, to discover the combination that best suits your personal style. Class meets on Saturdays, March 9 and 23. *Prerequisites: Painting 205 or experience with tonal drawing and color.*

219399 18 & up 2 Classes \$217 3/9 Sa 10:00am- 4:30pm

## Children's Programs

### Flower Buds

Gardening activities, stories, crafts and garden walks for children ages 3-5, accompanied by a parent.

213501 3-5yrs 1 Class \$5 11/12 M 10:30am-11:30am

213502 3-5yrs 1 Class \$5 12/10 M 10:30am-11:30am

213503 3-5yrs 1 Class \$5 1/14 M 10:30am-11:30am

213504 3-5yrs 1 Class \$5 2/11 M 10:30am-11:30am

### Fall Harvest Scavenger Hunt

Have some fall season fun throughout the Gardens. Start at the Visitors Center and follow the colorful leaf trail leading you to the Conservatory and back again. Along the way, hunt for seasonal clues and participate in fun activities, exercises and crafts.

213899 2-6yrs 1 Class \$5 11/16 F 10:00am-10:30am

214299 2-6yrs 1 Class \$5 11/16 F 10:30am-11:00am

214300 2-6yrs 1 Class \$5 11/16 F 11:00am-11:30am

214301 2-6yrs 1 Class \$5 11/16 F 11:30am-12:00pm

214302 2-6yrs 1 Class \$5 11/16 F 12:00pm-12:30pm

214303 2-6yrs 1 Class \$5 11/16 F 12:30pm-1:00pm

Become a  
Friend of

*Brookside*  
GARDENS



The benefits are many, including discounts at area nurseries and garden centers, 10% off at our gift shop (except sale items), 10% off at the Friends' Fall Plant sale, and discounts on many Brookside Gardens programs (that's what the "FOBG" means in the class listings). Visit [www.BrooksideGardens.org](http://www.BrooksideGardens.org) for more details.



## Grow Community Gardens While You Shop!

**Shop at any Montgomery County  
Whole Foods Market on**

**Wednesday, January 9, 2013**

and Whole Foods Market will generously  
donate 5% of sales to support our  
Community Gardens program.



Bethesda • Friendship Heights • Rockville • Kentlands • Silver Spring

# Christmas on the Farm


 **December 8 & 9 • Noon-5pm**

*Return to the simpler pleasures of the holidays!  
Come to the Agricultural History Farm Park and enjoy...*

- Turn-of-the-century decorations
- Free live Christmas music and caroling
- Homemade baked goods for sale
- Free hayrides (weather permitting)
- Children's activities
- Free hot cider and ginger cookies

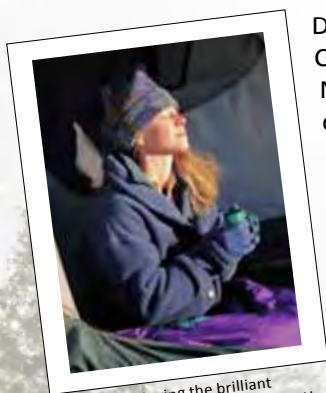


18400 Muncaster Road, Derwood, MD 20855  
301-670-4661 • [www.AgHistoryFarm.org](http://www.AgHistoryFarm.org)

*Friends of*   
The Agricultural History Farm Park, Inc.



# I'd love to take just one more camping trip before winter...



Enjoying the brilliant November light at Little Bennett

Didn't get enough camping in this year? Little Bennett Campground is still open for weekend camping in November. It's no-frills camping (the bathhouses are closed), but potable water and port-a-johns are available. And late fall/early winter at the campgrounds is beautiful.

You can check out the entire campground site by site with our online interactive campground map, and print out campground and orienteering maps, too. Call us to make your November reservations!

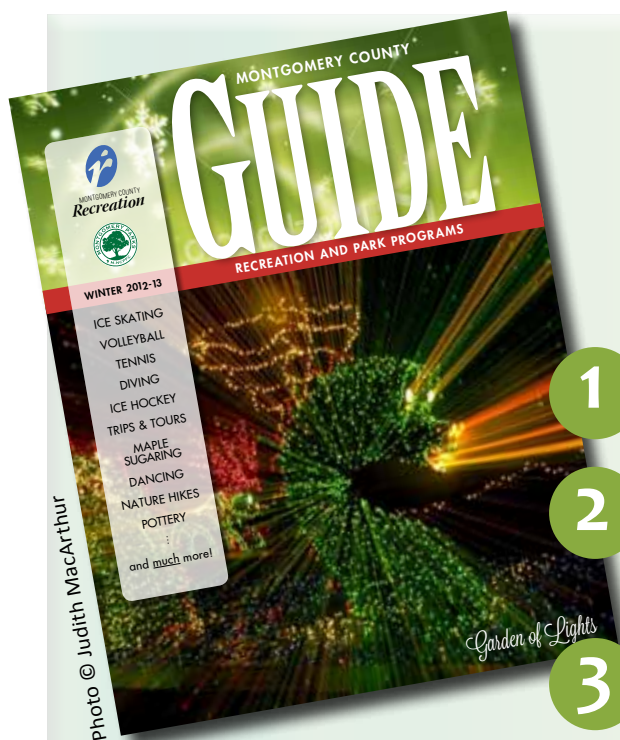
Open November 2 & 3, 9 & 10, and 16 and 17  
Closed December, January and February  
Opening weekends in March 2013  
Open for regular full-time camping April 1



Spring is just around the corner!



23705 Frederick Road  
Clarksburg, MD 20871  
Campground Reservations: 301-528-3430  
[www.LittleBennettCampground.com](http://www.LittleBennettCampground.com)



How to get a

# GUIDE

1

Visit [www.MontgomeryParks.org/Guide](http://www.MontgomeryParks.org/Guide)  
The eGuide is available 24/7, it's searchable, and it's green!

2

Subscribe  
We'll mail all five Guides to you for just \$5.  
You'll need a Montgomery County Recreation Department "RecWeb" account to subscribe...visit [www.MontgomeryParks.org/Guide](http://www.MontgomeryParks.org/Guide) for more details.

3

Pick one up  
Print copies of the Guide are available while supplies last at:

- Montgomery County Recreation Department facilities including Recreation, Community, Senior and Aquatic Centers
- Montgomery Parks facilities
- Most Montgomery County government buildings
- Most Montgomery County libraries

## Look for your GUIDE:

**Summer Camps:** January 11  
**Spring 2013:** February 8  
**Summer 2013:** May 3  
**Fall 2013:** August 9

If you are a subscriber and did not receive a Guide, please call 240-777-6840 for assistance.





# Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)  
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

## Nature Programs in Black Hill Regional Park

### Toddlers & Preschool

Ages 6 & under

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

#### Time For Tots

Enjoy a story, then go outside to explore nature with a Park Naturalist. *If your child has any allergies, please call us at 301-528-3492. FOBH \$4 for each class.*

##### • Treats for the Animals

Listen to a story, leave treats for animals in the park, and make tasty treats for your neighborhood critters.  
219051 18M-36M 1 Class \$5 12/20 Th 10:00am-10:45am

##### • Snowflakes

It's winter in the park! We'll share a story, walk among snowflakes (if we're lucky), and make a snowy craft together.

219052 18M-36M 1 Class \$5 1/23 W 10:00am-10:45am

##### • Have a Heart Hike

Wish the wildlife Happy Valentine's Day by leaving them tasty treats. Get a heart sticker for each wildlife treat you leave!

219053 18M-36M 1 Class \$5 2/14 Th 10:00am-10:45am

### Animal Tracks & Traces

Everything that moves leaves a trace. Learn to recognize and interpret some of the common signs left by creatures large and small. *FOBH \$4*

219150 3-6yrs 1 Class \$5 1/10 Th 10:00am-11:00am



#### Bear Snores On

Find out why Bear will not wake up in this beloved children's book by Karma Wilson. Touch real bear fur and learn more ways bears survive in a wintry world. Make a bear craft to take home. *FOBH \$5*

218799 2-5yrs 1 Class \$6 1/20 Su 10:00am-11:00am

### Birding Basics for Families

Are you always watching birds and wondering what species they are? Come learn how to identify some of the more common birds you see in your neighborhood and parks. Bring binoculars or borrow ours. *Please register and pay for all participants. FOBH \$5*

218699 4 & up 1 Class \$6 12/8 Sa 9:00am-10:30am

218700 4 & up 1 Class \$6 1/26 Sa 9:00am-10:30am

218749 4 & up 1 Class \$6 2/24 Su 9:00am-10:30am

### Mixed Ages

Ages 1-17

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

#### Woodpecker Watch

We'll hear a story about woodpeckers first, then visit the forest and our log garden to look for them. Last but not least, we'll make a yummy treat for the woodpeckers in your backyard. *Please call 301-528-3492 if your child has any food allergies. FOBH \$5*

219050 3-6yrs 1 Class \$6 12/12 W 10:00am-11:00am

220099 3 & up 1 Class \$6 12/15 Sa 1:00pm-2:00pm

220100 3 & up 1 Class \$6 2/3 Su 1:00pm-2:00pm



#### New Year Noisemakers

Get ready to celebrate the New Year by making noisemakers and other party items from things you can recycle from your house. *Children under age 8 will need an adult helper. FOBH \$5*

219099 2-12yrs 1 Class \$6 12/27 Th 2:00pm-3:00pm

### Programs for All

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

#### Winter Tree ID Hike

A tree's uniqueness is deeper than its leaves! Take a winter walk and learn how to identify different tree species by their bark and branching, and make an ID book of tree bark rubbings to take home. *FOBH \$4*

219499 5 & up 1 Class \$5 12/1 Sa 1:00pm-2:00pm

#### Wild Wrapping

Take a break from shopping and come to the Visitor Center at Black Hill. Bring your unwrapped holiday purchases and a Naturalist will show you how to use recycled and natural materials to make unique and beautiful wrappings. *FOBH \$4*

219452 5 & up 1 Class \$5 12/2 Su 11:00am-12:00pm

219453 5 & up 1 Class \$5 12/2 Su 2:00pm-3:00pm

### Friends of Black Hill ("FOBH")

#### WINTER Meetings

Tuesday  
January 22

FOBH Family Day  
1-4pm

Free nature  
programs,  
then dinner and  
regular meeting  
6:30-8:30pm

Tuesday  
February 26  
6:30-8:30pm

Want to be  
a FOBH? Visit  
**BlackHill  
Nature.org**

and join  
today!





## Make It and Take It

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. *No registration required; drop in anytime during program hours! Fee is per craft; exact change is appreciated. FOBH \$1*

### • Bead Snowflake

218999 All Ages 1 Class \$2 12/8 Sa 12:00pm- 2:00pm

### • Twiggy Photo Frame

219000 All Ages 1 Class \$2 2/24 Su 1:00pm- 3:00pm

## A History of Black Hill's Bald Eagles

Black Hill Regional Park is honored to be a home to our national bird, the bald eagle. Come to the Visitor Center to learn the local history behind our resident eagles. We'll also visit a few of their favorite perches around Little Seneca Lake and try to catch a glimpse of one of these magnificent birds. *FOBH \$6*

220150 16 & up 1 Class \$7 12/15 Sa 10:00am-11:30am

220151 16 & up 1 Class \$7 1/12 Sa 1:00pm- 2:30pm

220152 6 & up 1 Class \$7 1/13 Su 3:00pm- 4:30pm

## Backyard Birding

Learn which seed is preferred by which bird and where to place your feeders, then make treats for your backyard feathered friends. *Please dress for outside bird watching. FOBH \$3*

220200 3 & up 1 Class \$4 12/16 Su 3:00pm- 4:00pm

220202 3 & up 1 Class \$4 1/12 Sa 2:00pm- 3:00pm

## Winter Solstice Campfire at Little Bennett

On this shortest day of year, gather around the campfire to hear (and tell) stories both warm and light. We'll create paper lanterns and toast marshmallows, too! *Please bring a flashlight and a blanket for extra warmth. Meet at Hawk's Reach Activity Center in Little Bennett Campground. FOBH \$4*

220073 All Ages 1 Class \$5 12/21 F 7:00pm- 8:00pm

## Night Hikes: Up County

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. *Hikes are approximately one mile. Please print your Park-PASS confirmation receipt for meeting location. FOBH \$4*

### • Black Hill Visitor Center

*Meet at the parking lot across from the Public Boat Ramp on Black Hill Rd.*

219100 6 & up 1 Class \$5 12/27 Th 5:00pm- 6:00pm

219102 6 & up 1 Class \$5 2/24 Su 6:00pm- 7:00pm

### • Little Bennett Regional Park

*Meet at the Kingsley Parking Area off Rt. 121, Clarksburg Rd. in Clarksburg, MD*

219101 6 & up 1 Class \$5 1/25 F 5:30pm- 6:30pm

## iPad Nature Journaling

Since prehistoric cave paintings, humans have recorded nature observations. Today, we can use our 21st century skills and technology to do the same. In this class we'll discuss traditional nature journals, as well as how to combine your photos, writings, and sketches in an electronic format on your iPad. You'll learn the basics of using apps like Maxjournal and ArtRage. Bring your own iPad to get started! *FOBH \$4*

219602 10 & up 1 Class \$5 1/13 Su 1:00pm- 2:00pm

## Winter Birding at Black Hill

Meet at the Visitor Center for an introduction to the birds that spend the winter at Little Seneca Lake. Last year we spotted different species of ducks, tundra swans from Canada, and bald eagles! After viewing the lake from the deck, we'll carpool to other nearby viewing areas. *Spotting scope provided. FOBH \$4*

219549 16 & up 1 Class \$5 1/19 Sa 8:30am-11:00am

## Life Under Ice

What happens in the lake when it freezes? Find out how different creatures cope with winter under water. *This class includes indoor and outdoor activities, so please dress for the weather. FOBH \$4*

219649 7 & up 1 Class \$5 1/19 Sa 1:00pm- 2:00pm

219700 7 & up 1 Class \$5 2/17 Su 1:00pm- 2:00pm

## Winter Crime Scene Investigation

Whose tracks are those and whose blood is that? Analyze the "crime" scene and figure out who is responsible! Then take a brief walk outside to see if any wildlife evidence is lingering. *FOBH \$4*

219650 10 & up 1 Class \$5 1/20 Su 1:00pm- 2:00pm

219699 10 & up 1 Class \$5 2/16 Sa 1:00pm- 2:00pm

## Family Day at the Visitor Center **FREE**

School's off today, so bring the kids to the Visitor Center for an afternoon of nature fun. Friends of Black Hill Nature Programs will be on hand to show you how to use our popular nature boxes, and Volunteer Naturalists will lead short nature walks with hands-on activities and games. Drop in anytime between 1 and 4pm for the fun! *This program is free, but please register so we'll have enough materials and help for all.*

220599 1 & up 1 Class Free 1/22 Tu 1:00pm- 4:00pm

## Family Scavenger Hunt **FREE**

Drop by the Visitor Center to pick up a scavenger hunt sheet and a few tips and pointers, then head outside to start hunting for the items on your list. When you've finished, come back to the Visitor Center to get a prize. *No registration required—drop in anytime during program hours!*

219199 All Ages 1 Class Free 1/26 Sa 1:00pm- 3:00pm

## Groundhog Day Celebration!

Join us for a celebration of Maryland's second largest rodent! We won't be looking for shadows at day-break, but we *will* explore all things groundhoggish, enjoy a story, make a craft and go for a hike. *FOBH \$4*

218054 1 & up 1 Class \$5 2/2 Sa 11:00am-12:00pm

## The Restoration of the American Chestnut Tree

Learn about the decline of the American chestnut tree in the 20th century, and current efforts to return the chestnut to the American landscape. Afterwards we'll visit the American Chestnut forest in Black Hill Regional Park. *Please dress for the outdoors.* **FOBH \$5**  
220070 6 & up 1 Class \$6 2/2 Sa 1:30pm- 3:00pm

## Fox's Dream Campfire

As we share the warmth of a campfire, let's tell a few fox tales, learn to yip like a fox, and discover some interesting facts about fox in our area. We'll end our time together with a toasty treat! *Please bring a flashlight and a blanket for extra warmth. Meet at Hawk's Reach Activity Center in Little Bennett Campground.* **FOBH \$4**

220079 All Ages 1 Class \$5 2/9 Sa 7:00pm- 8:00pm

## Waterfowl Viewing at Sunset

Join us at sunset on the back deck of the Visitor Center for wonderful waterfowl viewing. We'll provide scopes and binoculars to use, and hot cocoa to warm you. *Please dress for the weather. Not appropriate for children under 8.* **FOBH \$5**

219599 8 & up 1 Class \$6 12/12 W 4:00pm- 5:30pm

219600 8 & up 1 Class \$6 1/15 Tu 4:00pm- 5:30pm

## Adults

Ages 18 & up

Registration is required unless otherwise noted.

## Eagle Watching at Conowingo Dam

Conowingo Dam in Hartford County is a terrific area to observe bald eagles feeding in the waters below the dam. Travel by van with a Montgomery Parks Naturalist to enjoy a day of eagle watching on the Susquehanna River. *Please dress in layers for the weather, and bring a bagged lunch.* **FOBH \$25**

220075 18 & up 1 Class \$30 12/5 W 7:30am- 4:00pm

## Explore a Park FREE

New to the area, or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Black Hill Naturalist as your guide. *Hike lengths vary with the pace of each group. Please dress for the weather in appropriate hiking gear.*

### • Black Hill Regional Park: Black Hill Trail

Today we'll explore the newly renovated sections of the Black Hill Trail on this out-and-back hike.

*Meet at the Visitor Center.*

219049 18 & up 1 Class Free 12/9 Su 9:00am-11:00am

## Ladies Trek FREE

Want to hike but don't quite know where to go? Meet other women and hike park trails with a Park Naturalist. *Hike lengths vary with the group's pace.*

### • Black Hill Regional Park: Ten Mile Creek

Today we'll explore the Ten Mile Creek area of Black Hill. *Meet at the Visitor Center and we'll carpool to the trail head.*

219149 18 & up 1 Class Free 1/6 Su 9:00am-12:00pm

## Native Plant Propagation Workshop

The cold can't stop true gardeners—we just take it inside! Join us at the Black Hill greenhouse as we discuss the basics of seed collection, germination, transplanting, and care of native plant seedlings. You'll learn basic greenhouse techniques, including how to prepare tender seedlings for the world outside. This is a hands-on opportunity, so come prepared. We'll supply gloves and tools. The workshop will be led by our greenhouse manager (a Master Gardener). **FOBH \$4**  
219801 18 & up 1 Class \$5 1/24 Th 10:00am-11:30am

## Great Backyard Bird Count @ Black Hill

Join us to participate in the nationwide Great Backyard Bird Count (it's not just for backyards!). Last year we counted 27 bird species, including hawks, ducks, songbirds, and woodpeckers. After viewing the lake from the Visitor Center deck, we'll carpool to other observation areas. Spotting scope provided. **FOBH \$4**  
219749 18 & up 1 Class \$5 2/16 Sa 8:30am-11:00am

## Historic Covered Bridges Van Trip

Take a day trip with us to explore Frederick County's beautiful covered bridges—all three of which are listed on the National Register of Historic Places. *Bring a bag lunch; we'll supply hot beverages. We'll be indoors and out, so please dress in layers.* **FOBH \$20**  
220149 18 & up 1 Class \$25 2/21 Th 9:00am- 3:00pm

## McKee-Beshers Hike

We'll explore the ponds and wetlands at McKee-Beshers Wildlife Management Area, looking for whatever the season might bring. We should still find migrant waterfowl, but if spring is early, we may also find the season's first breeding amphibians. *Pack a snack and a drink, wear sturdy hiking shoes and dress for the weather. Bring your own binoculars or use ours.* **FOBH \$13**

219200 18 & up 1 Class \$15 2/28 Th 11:30am- 3:00pm

## Explore WILD MONTGOMERY



FREE!

### with Black Hill Visitor Center Naturalists

Explore wild Montgomery County with a Montgomery Parks Naturalist or Natural Resource Specialist! Discover beautiful public places close to home, and learn fascinating natural history from Park experts. All programs are free and require advance registration. *Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.*

### Celebrate the First Day of Winter FREE

Join us for an invigorating hike on this first official day of winter! We'll hike Ten Mile Creek, an area frequented by waterfowl and resident bald eagles. *Bring your lunch, and we'll return to Black Hill for hot beverages after our hike. Meet at the Visitor Center, and we'll travel together by van.*

221251 18 & up Free Friday, December 21 10:30am-12:30pm

### Hike the Cool Spring Trail FREE

We'll hike through stands of eastern cedar and pines on this hilly trail, in search of wintering owls. *Meet at the Visitor Center, and we'll travel together by van.*

221252 18 & up Free Tuesday, January 29 10:30am-12:30pm

### Hiking at Rachel Carson FREE

Take a hike through Rachel Carson Conservation Park and look for winter birds, check out an unusual rock formation, and see the changes winter has brought.

221253 18 & up Free Wednesday, February 20 Noon- 2:00pm

# Maple Sugar FESTIVAL

**Sunday, February 24**  
**11am – 4pm**

*Stop by to experience an American tradition!*  
Watch the whole maple sugaring process  
from start to finish.

Crafts • Food • Games • Music  
Register at [www.ParkPASS.org](http://www.ParkPASS.org) (#217149)

**All Ages**  
(2 and up)  
**\$5 per person**



Fun  
for the  
Whole  
Family!



BROOKSIDE NATURE CENTER, 1400 Glenallan Ave., Wheaton, MD 20902  
301-962-1480 [www.BrooksideNature.org](http://www.BrooksideNature.org)

Lantern making  
Cider sipping  
Candle lighting  
Story telling  
Marshmallow toasting  
and more!



## Celebrate the Solstice

*Enjoy the longest night and shortest day of the year at  
these two GREAT Nature Center events!*

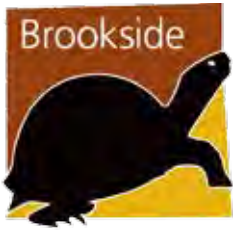
**Friday, Dec.21** at Locust Grove Nature Center  
**7:00PM** 7777 Democracy Blvd. 20817  
Bethesda, MD

**Saturday, Dec. 22** at Brookside Nature Center  
**1:30PM** 1400 Glenallan Ave.  
Wheaton, MD 20902

All Ages Welcome - \$5 per person, per festival



Register at [www.ParkPASS.org](http://www.ParkPASS.org) (Locust Grove - #218549)  
(Brookside NC - #217399)



# Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)  
Open Tuesday–Friday, 9am–5pm; Saturday & Sunday 1–5pm. Trails open daily, dawn to dusk.

Nature Center  
in Wheaton Regional Park

## Toddlers & Preschool Ages 0-6

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Cozy Winter Nature Tales FREE

Now that the weather is colder, enjoy an exciting tale about nature in the cozy comfort of the Nature Center. Each month focuses on a different feature of the winter landscape, with a different story each week.

#### • Animals in Winter

Join us by our cozy hearth for an enchanting story about animals in winter.

217106	3-6yrs	1 Class	Free	12/2	Su	3:00pm-3:30pm
217107	3-6yrs	1 Class	Free	12/9	Su	3:00pm-3:30pm
217108	3-6yrs	1 Class	Free	12/16	Su	3:00pm-3:30pm

#### • Winter Weather

Watch the weather from our big window while listening to a story about the wonders of winter weather.

217111	3-6yrs	1 Class	Free	1/6	Su	3:00pm-3:30pm
217113	3-6yrs	1 Class	Free	1/13	Su	3:00pm-3:30pm
217114	3-6yrs	1 Class	Free	1/20	Su	3:00pm-3:30pm
217115	3-6yrs	1 Class	Free	1/27	Su	3:00pm-3:30pm

#### • Winter Fun!

Enjoy stories about winter and find out some ways you can have winter fun.

217117	3-6yrs	1 Class	Free	2/3	Su	3:00pm-3:30pm
217118	3-6yrs	1 Class	Free	2/10	Su	3:00pm-3:30pm
217119	3-6yrs	1 Class	Free	2/17	Su	3:00pm-3:30pm

## Brookside Tot Times

Explore nature with your youngest naturalists! Learn, create, hike and discover our wonder-filled world in these highly interactive sessions.

#### • Bubbles in Winter!

Let's blow some extraordinary bubbles, create bubbly artwork and see if the cold air outside will freeze a perfect, floating orb.

217501	3-6yrs	1 Class	\$5	12/19	W	11:30am-12:15pm
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#### • Furs 'n' Feathers

So just what is the purpose of all that hair and all those feathers animals wear? By performing some simple experiments and taking a closer look, we may discover the answer!

217502	3-6yrs	1 Class	\$5	12/28	F	11:30am-12:15pm
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#### • Feeling Fine!

The world is full of wonderful tactile sensations. We'll indulge our fingers, toes and even our nose in things sandy, smooth, slick, and soft.

217499	3-6yrs	1 Class	\$5	1/3	Th	11:30am-12:15pm
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## Brookside Tot Times (cont.)



#### • The Nose Knows

Ooh! Vanilla, cinnamon and cedar all are scents that entice us. But nature is full of other smells, too—ones that warn of us danger, ones that keep us awake, and some that put us to sleep! Let's sample things aromatic and learn their purpose in this smelly class.

217500	3-6yrs	1 Class	\$6	1/10	Th	11:30am-12:15pm
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## Where Did They Go?

Join us on a hike around the park to discover how different native animals survive the cold winter months.

217200	3-6yrs	1 Class	\$5	12/20	Th	10:30am-11:30am
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## Welcome Winter Walk

Today is the first day of winter! Welcome this special season by visiting the pond, forest and meadow to see what plants and animals do when winter arrives.

217050	2-6yrs	1 Class	\$5	12/21	F	2:00pm-3:00pm
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## Winter Wonders Art

We'll explore the Nature Center grounds looking for winter's wonders, then make a beautiful art project inspired by winter.

217053	3-5yrs	1 Class	\$5	1/16	W	2:00pm-3:00pm
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## Snowflakes!

How are snowflakes formed, and why are there so many different kinds? Explore the wonderful world of snow and make a snowflake yourself that you can take home.

217054	3-5yrs	1 Class	\$6	1/18	F	2:00pm-3:00pm
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## The Trees Have It!

Trees provide homes, food and even toys! Learn how trees help our wild neighbors, and make a craft with the help of a tree. Follow this up with a hike around the woods to see even more ways trees benefit us all.

217599	3-6yrs	1 Class	\$5	1/24	Th	3:30pm-4:30pm
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## Ice Is Nice

Explore different kinds of ice (snow, icicles and more) and find out how nature makes them, then make a sparkly ice-like craft to take home.

217061	3-5yrs	1 Class	\$6	1/25	F	2:00pm-3:00pm
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## Winter Afternoon Scavenger Hunt FREE

Let's search the trails around the Nature Center for signs of the winter season.

217249	3-6yrs	1 Class	Free	1/29	Tu	2:30pm-3:30pm
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## Toddlers & Preschool (cont.)

### Winter Birds

Search for cute and colorful birds of winter and learn how to give them food and water to help get through the cold season.

217062 3-5yrs 1 Class \$5 1/30 W 2:00pm-3:00pm

### Marvelous Maples

Discover what maple trees do throughout the year and why February is such a special month for them. Taste some delicious maple syrup that we made from the trees' sap.

217065 3-5yrs 1 Class \$5 2/6 W 2:00pm-3:00pm

### Tapping Trees

Take a stroll in our maple grove and learn how we tap the sap that will become our sweet maple syrup.

217069 3-6yrs 1 Class \$5 2/20 W 2:00pm-3:00pm

### Make It from a Tree

Make a nature craft using real wood, then visit our maple grove and find out how maple syrup is made.

217074 3-5yrs 1 Class \$6 2/15 F 2:00pm-3:00pm

### Pancakes, Pancakes!

Maple sugaring time has come and gone, but did it leave anything behind? Explore the process of maple sugaring with our young naturalists, and taste a mini-pancake dripping with sweet maple syrup. *Please dress warmly for this outdoor program.*

217299 3-6yrs 1 Class \$6 2/28 Th 11:00am-12:00pm

## Children & Youth Ages 6-12

*Registration is required unless otherwise noted. All children must be accompanied by an adult.*

### Nature Holiday Decorations

Use your creativity along with some beautiful and interesting materials from nature to make lovely holiday decorations for your home.

217049 6-12yrs 1 Class \$6 12/5 W 4:00pm-5:00pm

## Mixed Ages Ages 1-17

*Registration is required unless otherwise noted. Adult must accompany children ages 8 and younger.*

### Make It, Take It!

It's clean up and recycling day at the Nature Center! Take the craft materials we have left over from the year and make something new to take home. The program is ongoing, so come on over any time between 1 and 3pm.

217199 3-12yrs 1 Class \$2 12/15 Sa 1:00pm-3:00pm

### Nature Valentines

Make a Valentine gift for the birds and a pretty nature card for someone you love.

217066 3-12yrs 1 Class \$5 2/12 Tu 4:00pm-5:00pm

## Programs for All

*Registration and payment required for all attendees unless otherwise noted. An adult must accompany children ages 8 and younger.*

### Rocks from Near and Far

Look at rocks and minerals from Brookside Nature Center, then get a close-up look at amazing rocks from far away. Bring a small shoebox and start your own rock collection.

216999 All Ages 1 Class \$6 12/4 Tu 4:00pm-5:00pm

### Early Morning Bird Walk

Morning is one of the best times to watch birds. We'll look for winter birds that stay at the Nature Center for the winter and learn some winter birding basics. Borrow our binoculars and field guides or bring your own. Beginners are very welcome.

217000 8 & up 1 Class \$5 12/8 Sa 8:00am-9:00am

217051 8 & up 1 Class \$5 1/12 Sa 8:00am-9:00am

217052 8 & up 1 Class \$5 2/9 Sa 8:00am-9:00am

### Cozy Winter Homes

Now that the leaves have fallen, we can see animal homes that are usually hidden. We'll look for the signs of squirrels and birds and find out how they make their homes.

217001 2 & up 1 Class \$3 12/8 Sa 2:00pm-3:00pm

### Native Animals in Winter FREE

Explore the forests and hills of the Izaak Walton League Preserve, one of Montgomery County's hidden gems. We'll search for animal tracks and traces, and look and listen for winter birds. Afterward we'll enjoy toasting marshmallows around a winter campfire. Refreshments provided. *Meet at the picnic shelter of the Lois Green Chapter of the Izaak Walton League, 8721 Snouffer School Road, Gaithersburg, 20879.*

217002 2 & up 1 Class Free 12/9 Su 1:00pm-2:00pm

### Night Games

Put away the Monopoly board and the Uno cards—we're going outside to have some fun tonight! Night affords perfect opportunities for games that use our sense of hearing, touch, and humor. Bundle up and enjoy the fun-filled evening!

217503 5 & up 1 Class \$3 12/14 F 7:00pm-8:00pm

## Nature All Day, Every Day!



Visit the Nature Exploration Area at Brookside Nature Center and have fun while you get to know nature! Climb through the tree tunnel, sit in a giant bird's nest, hop on the stepping stumps, and enjoy the tea party table.

Open from dawn to dusk, seven days a week.

## We Love Our Volunteers!

Have fun, contribute to your community, and learn about nature while volunteering at Brookside Nature Center! We need good folks like you to fill important volunteer positions for:

- Volunteer Naturalists
- Naturalist Aides
- Nature Center Hosts
- Native Plant Gardeners
- Invasive Plant Removal
- Groundskeepers
- Camp Counselors
- Community Service and Eagle Scout Projects

For more info and training dates, please call 301-962-1483 or email [Jenny.Aley@MontgomeryParks.org](mailto:Jenny.Aley@MontgomeryParks.org)

## Winter Solstice Campfire

The Winter Solstice marks the longest night and the shortest day of the year and offers a time to reflect, review and hope. We'll enjoy a variety of enlightening festivities, first inside the warmth of the Nature Center and later around the Pioneer Cabin fire ring.

217399 3 & up 1 Class \$5 12/22 Sa 1:30pm-5:30pm

## Wintertime at the Cabin

It's 30 degrees out, cold enough to freeze water in the horse trough. The fire in the hearth warms only a fraction of your log cabin. How do you, a pioneer homesteader, stay warm during the winter? What clothes do you wear? What do you eat? What do you do all day? During this drop-in program discover the answers to these questions as you cook over an open fire, learn about homespun textiles, make a candle and fashion a simple lantern. Dress for the weather—the cabin is cold! This program is designed specifically for ages 6 and up.

217400 6 & up 1 Class \$6 12/27 Th 1:00pm-3:00pm



## Full Moon Club

Join the Full Moon Club and experience nature at night with a hike through the meadows and woods. We'll look and listen for signs of animals, and end the evening roasting marshmallows around a campfire at the Harper Cabin.

### • The Oak Moon

217349 6 & up 1 Class \$5 12/28 F 5:30pm-7:00pm

### • The Frosty Moon

217350 6 & up 1 Class \$5 1/27 Su 6:00pm-7:30pm

### • The Sugar Moon

217351 6 & up 1 Class \$5 2/25 M 6:00pm-7:30pm

## Treasure Trails

How do you find a treasure? There are so many ways! You can use a map and compass, or clues written as riddles, trace a trail of bread crumbs, or just stumble onto it. But no matter how you seek, the act of looking reveals unexpected treasures all along the way. Come follow a secret treasure trail and be rewarded by what you expect to find, and by what finds you!

217504 5 & up 1 Class \$3 12/29 Sa 2:00pm-3:00pm

## Feed the Birds! FREE

What do birds eat for a mid-morning snack? Not mac and cheese, that's for sure! Find out as you help fill the feeders, learning our seed eaters' taste preferences, names and behaviors in the process.

217201 1 & up 1 Class Free 1/5 Sa 2:00pm-2:30pm



## Campfire and Lunch at the Cabin

Bring your own roast-ables and toast-ables to cook over our cabin campfire, then savor some hot cider and a warm dessert. *Kids age 2 & under are free with a paying adult; please register and pay for all others.*

217202 2 & up 1 Class \$3 1/17 Th 11:30am-12:15pm

## Fox Family in Winter

Visit our fox dens! Learn about the natural history of foxes and how they live, hunt and play. Learn how they find mates in the winter months. *Please wear long pants and sneakers or other sturdy shoes for this half-mile round-trip hike.*

217055 2 & up 1 Class \$3 1/19 Sa 3:00pm-4:00pm

## Family Ramble: Surviving Winter

What do birds, squirrels, fish and trees all have in common? They have to find a way to survive winter. We'll take a short hike and find out how they do it.

217060 2 & up 1 Class \$3 1/22 Tu 3:00pm-4:00pm

## Very Ice Art and Hike

Make an ice lantern or ice sculpture or ice ornament to hang outside at home. While we wait for our creations to freeze, we'll take a leisurely walk around the icy-edged Pine Lake.

217506 6 & up 1 Class \$5 1/26 Sa 2:00pm-3:45pm

## Winter Crystals FREE

Learn about ice crystals and rock crystals, and how they're similar and different. See some of the beautiful crystals from our collection, which is rarely displayed.

217063 2 & up 1 Class Free 2/2 Sa 2:00pm-3:00pm

## Evening in the Maple Grove

Enjoy an early evening walk to our maple grove to see how we tap trees and have a little taste of delicious maple syrup. *Meet at the Harper Log Cabin.*

217064 2 & up 1 Class \$3 2/5 Tu 5:00pm-6:00pm



## Scandinavian Wheat Weaving

In parts of the world where wheat was grown lushly and regarded as a symbol of prosperity, simple ornaments were crafted from dried wheat stalks and seed heads. We'll try our hand at braiding and twisting the pliable stalks into attractive hearts and long-lasting decorations.

*Note: this project works best with a partner.*

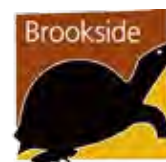
*So parents, please come with your child; adults, bring your BFF along!*

217505 8 & up 1 Class \$7 2/9 Sa 3:00pm-4:00pm

## The Return of the Frogs FREE

It's time to start listening for the oh-so-familiar calls of the wood frogs and spring peepers. Learn more about the frogs of Maryland, their lives and their memorable sounds.

217251 1 & up 1 Class Free 2/16 Sa 11:00am-12:00pm



Nature Center  
in Wheaton Regional Park



## Maple-sicuous Day

Drop in and learn all kinds of sweet things about maple syrup and maple trees at our indoor discovery stations. Trace a maple leaf, sample some maple sugar, make a mukluk, listen to the story of how the Tree Eaters (Adirondack Indians) were taught to tap maple trees, and much more! Drop in anytime during the two hour period for your self-guided activities.

217549 2 & up 1 Class \$2 2/23 Sa 2:00pm-4:00pm



# Maple Sugar Festival

Stop by to observe and experience an American tradition! Watch the whole maple sugaring process from start to finish. See sap drip from the trees and taste it. Watch us boil it down into sweet maple syrup, then sample a tasty treat. But that's not all! Maple-themed crafts, food, games, music, activities and displays are also included in this family-friendly festival.

**Sunday, February 24**  
**11am-4pm**

Ages 2 & up

\$5 per person

Sign up for #217149

at [www.ParkPASS.org](http://www.ParkPASS.org)

Photo ©Michelle Erica Green



## Adults

Ages 16 & up

Registration is required unless otherwise noted.



## Ladies' Hike Out FREE

You can see through the forest now. The trails are frozen hard, vagrant snowflakes wander through the air, and the best way to stay warm outside is to move! Come explore the winter landscapes of Montgomery County with us. Each month highlights a different trail and habitat which we'll hike vigorously, pausing here and there to examine the unique features of this quiet, subdued season. *Please dress for the weather. Directions to the trailhead will be provided.*

### • Clopper Lake in Seneca Creek State Park

We'll walk the rocky perimeter of the lake, covering about 4 miles on natural surface trails.

217449 18 & up 1 Class Free 12/1 Sa 9:00am-10:30am

### • Woodstock

We may share our trail with horses today as we walk the Woodstock Horse Park in upper Montgomery County. Trails are grassy and weave through old farmland, unobstructed by trees.

*Plan on hiking approximately 3 - 4 miles.*

217450 18 & up 1 Class Free 1/12 Sa 9:00am-10:30am

### • Blockhouse Point Conservation Area

Our hike off River Road in Potomac will lead us to an excellent vantage point high above the river and looking into Virginia. It also will take us back in time as we walk an area strategic to the Union forces during the Civil War. *We'll cover about 2.5 - 3 miles over slightly hilly natural surface trails.*

217451 18 & up 1 Class Free 2/9 Sa 9:00am-10:30am

## Teacher Tuesdays FREE

Are you struggling to accomplish the Environmental Literacy Standards? Looking for meaningful outdoor experiences for your students? Join us on the third Tuesday of each month to learn first-hand how to use the resources and activities offered by the Nature Centers of Montgomery Parks. Light refreshments served along with great conversation!

### • Stay or Move: Winter Strategies

217352 18 & up 1 Class Free 12/18 Tu 6:30pm-8:00pm

### • Nature Inquiry: Ideas for You!

217353 18 & up 1 Class Free 1/15 Tu 6:30pm-8:00pm

### • Food from Trees: Maple Sugaring

217354 18 & up 1 Class Free 2/19 Tu 6:30pm-8:00pm

## Singles' Campfire

Who needs Valentine's Day when there's Singles Appreciation Day? Come celebrate the day a little early in the great outdoors! Meet other single nature enthusiasts and enjoy some fresh hot cider around a blazing campfire. We'll start with the requisite (but fun!) ice-breakers and warm-up



activities, then play some nature-themed games. Rain cancels the program; registration closes February 6.

217250 35-50yrs 1 Class \$5 2/8 F 7:30pm-8:30pm

# Deer Population Management



## Deer management operations

**These parks are closed from Sunrise-Sunset on the following dates:**

- Blockhouse Point Conservation Park (Darnestown) – Nov. 6, Nov. 20, Dec. 11, Dec. 18
- Bucklodge Forest Conservation Park (Boys) – Nov. 3, Nov. 30, Jan. 4
- Great Seneca Stream Valley Park (Gaithersburg) – October 24, Nov. 14, Nov. 28, Dec. 19
- Hoyles Mill Conservation Park (Boys) – Nov. 2, Nov. 10, Nov. 16, Dec. 1, Dec. 7, Dec. 14, Jan. 4, Jan. 11, Jan. 18, Jan. 26
- Little Bennett Regional Park (Clarksburg) – Dec. 4, Dec. 5, Dec. 6, Dec. 7
- North Germantown Greenway (Clarksburg) – October 24, Nov. 14, Nov. 28, Dec. 19
- Rachel Carson Conservation Park (Olney) – Oct. 22, Nov. 5, Nov. 19, Dec. 17
- Woodstock Equestrian Park (Beallsville) – Oct. 27, Nov. 3, Nov. 17, Nov. 30, Dec. 15, Jan. 4

**These parks are closed from 5:30PM – Sunrise daily, January 1- March 31**

- Agricultural History Farm Park (Derwood - including attached segments of Rock Creek Stream Valley Units 12 & 16)
- Needwood Golf Course (Rockville)
- North Branch Stream Valley Park Units 2 & 3 (Norbeck)
- North Branch Stream Valley Park Unit 4 (Olney)
- Northwest Branch Recreation Park (Aspen Hill - including Layhill Local Park in Wheaton)
- Northwest Branch Stream Valley Park Unit 7 (Norwood)
- Northwest Golf Course (Wheaton)
- Rock Creek Regional Park (Rockville)
- Rock Creek Stream Valley Park Unit 2 (Bethesda/Chevy Chase)\* tentative
- Rock Creek Stream Valley Park Unit 7 (Aspen Hill)
- Sligo Creek Golf Course (Silver Spring)
- Wheaton Regional Park (Wheaton)
- Woodlawn Special Park (Sandy Spring)

**This park is closed to public access year round:**  
Goshen Recreation Park (Goshen)

**Be the first to know,  
SIGN UP NOW!**

# PARKS ALERT

**Park & Facility Closures  
Program and Event Cancellations  
Athletic Field Notifications**

**Sign up now at  
MontgomeryParks.org**



# Gifts for the Whole Family!

Shop Now at our Online Store

**MontgomeryParks.org**



**ORGANICS**



**KIDS**



**STUFF**



**ADULTS**



**PETS**



All proceeds support park activities and programs

Calling all history buffs, inquisitive geeks and the generally curious

# Group Historic Sites Tours

Tues - Fri  
\$5 Students  
\$5 Seniors  
\$7 Adults

Oakley Cabin African American Museum & Park  
Underground Railroad Trail ♦ Josiah Henson Park

Students grades 4 and up, Seniors, Clubs & Organizations ♦ visit [HistoryInTheParks.org](http://HistoryInTheParks.org)



# Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)  
Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

## Toddlers & Preschool Ages 0-6

*Registration is required unless otherwise noted.  
All children must be accompanied by an adult.*

### Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Each session will feature a different topic specially selected to engage young minds. *Outdoor activities are included in every program, so please dress for the weather.*



#### • Holiday Wrappings

217799 2-4yrs 1 Class \$5 12/12 W 10:00am-10:45am

#### • Winter White

217800 2-4yrs 1 Class \$5 12/19 W 10:00am-10:45am

#### • Animals in Winter: Below the Snow

217801 2-4yrs 1 Class \$5 1/9 W 10:00am-10:45am

#### • Watch Out for Birds

217802 2-4yrs 1 Class \$5 1/23 W 10:00am-10:45am

#### • A Tale of Tails

217803 2-4yrs 1 Class \$5 2/6 W 10:00am-10:45am

#### • At Home in a Shell

217804 2-4yrs 1 Class \$5 2/20 W 10:00am-10:45am

## Snowy Stories

We may not have snow yet, but we can prepare with a snowy story or two, paper snowflakes, and a hike!

218000 3-6yrs 1 Class \$5 12/18 Tu 10:00am-11:00am

218001 3-6yrs 1 Class \$5 1/3 Th 10:00am-11:00am

## Treats for the Animals

It can be hard for wild animals to find food in the winter. Show your love and make some tasty treats for your neighborhood critters.

218268 3-6yrs 1 Class \$5 2/14 Th 11:00am-12:00pm

## Children Ages 6 – 12

*Registration is required and all children must be accompanied by an adult unless otherwise noted.*

### Homeschool Science: Winter Tree Hike

Now that the leaves have fallen, how can you tell which tree is which? Learn tricks for winter tree identification and get to know common trees in the park. Bundle up and get ready to hike through the woods.

217899 6-10yrs 1 Class \$8 12/13 Th 10:00am-11:30am

### Homeschool Science: Animal Adaptations

We'll discuss the winter survival strategies of the region's wildlife. We will (figuratively) traverse the continent with monarch butterflies and hoary bats, hibernate with bears and chipmunks, and shake off winter's cold with foxes and deer.

218002 6-12yrs 1 Class \$15 1/24 Th 1:00pm-3:00pm

### Cabin John Creek Hike

School is out early today! Spend the afternoon enjoying the outdoors. We'll hike about 2 miles on the Cabin John stream trail and look for early signs of spring. *Please register both adults and children; fee is for child only. Meet at the Nature Center.*

217952 6-12yrs 1 Class \$8 2/22 F 2:00pm-3:30pm

## Mixed Ages Ages 1 – 17

*Registration is required and all children must be accompanied by an adult unless otherwise noted.*

### Winterberry Walk

Bring your young explorers for a gentle walk through the park. We'll look for winter's colors: red berries, orange mushrooms, green lichen, and a million shades of beautiful brown.

217999 3-12yrs 1 Class \$5 12/4 Tu 11:00am-12:00pm

### Meet the Critters

You won't see snakes and insects outside in winter, but you will find them in the Nature Center! Meet and touch our resident snakes, hissing cockroaches, millipedes and bess beetles. We'll also peek outside to see if any birds or squirrels are visiting the feeders.

217950 3-12yrs 1 Class \$5 1/18 F 10:00am-11:00am

217951 3-12yrs 1 Class \$5 1/18 F 1:00pm-2:00pm



### Bear Moon Hike

A "bear moon" is a thin sliver shy of full. Come learn about the American Indian tradition of timekeeping by using a turtle's shell as a calendar and counting full moons, then take a hike where bears once roamed.

*Please register both adults and children; fee is for child only.*

218003 5-12yrs 1 Class \$5 1/25 F 6:30pm-7:30pm



## Birthday Parties at Locust Grove Nature Center

Each party includes...

\* Your choice of a one-hour nature-themed programs for 20 children, led by a Locust Grove Naturalist, and...

\* A one-hour party room rental to celebrate in after your activity. Bring on the cake and ice cream!

\* \$225 covers everything, including 30 minutes before and 30 minutes after the party to set up and clean up (3 hours total).

Visit

[www.LocustGroveNature.org](http://www.LocustGroveNature.org) or call us at 301-765-8668 for more information.



### Evening Campfire

Take the chill off with a relaxing campfire gathering in the woods. Bring your s'mores fixings and we'll provide hot chocolate.

218528 3-16yrs 1 Class \$5 2/22 F 6:30pm-8:00pm

### Full Moon Hike

Hike through the woods and meadow by the light of the full moon. We'll stop to listen for the calls of barred owls, and look for other nocturnal creatures.

*Please register adults and children; fee is for child.*

217953 3-12yrs 1 Class \$5 2/25 M 7:30pm-8:30pm

## Programs for All

Registration is required, and all children must be accompanied by an adult unless otherwise noted.



### Groundhog Celebration! FREE

Join us for a celebration of Maryland's second largest rodent! We won't be looking for shadows at daybreak—but we *will* explore all things groundhoggish, with ongoing slide shows, a hike, and an anatomy and adaptation exploration. FREE! *Please register everyone through ParkPASS.*

224801 1 & up 1 Class FREE  
2/2 Sa Noon-2:00pm

### Campfire & Nature Walk

School's out today! Come have a campfire lunch with us. Bring a picnic lunch or hot dogs to cook over the fire (you bring the dogs and buns, we'll provide ketchup and mustard). And for dessert, we'll have everything you need to make s'mores!

After lunch, enjoy a short nature walk.

*Please register and pay for all participants (adults and children).*

217949 3 & up 1 Class \$5  
1/22 Tu Noon-1:00pm



### Adults

Ages 18 & up

## Explore WILD MONTGOMERY FREE



### with Locust Grove Nature Center

Explore wild Montgomery County with a Montgomery Parks Naturalist or Natural Resource Specialist! Discover beautiful public places close to home, and learn fascinating natural history from Park experts. All programs are free and require advance registration. *Please print your ParkPASS confirmation receipt for specific directions to the meeting spot.*

### Friday Forays

Join us for a Friday hike into some of Montgomery County's most special places. Call 301-765-8663 if you need additional directions.

#### • Monocacy Aqueduct FREE

We'll cross the historic Monocacy Aqueduct and enjoy a leisurely 2-3 mile walk on the C&O Canal towpath. *Meet at the Monocacy Aqueduct lot on Mouth of Monocacy Road, Dickerson, MD 20842*

221254 18 & up Free Friday, December 7 10:00am-Noon

#### • Seneca Creek State Park FREE

Enjoy a 3.7 mile hike on the Lake Shore Trail around Clopper Lake in Seneca Creek State Park. Bring a pair of binoculars and we'll search for winter waterfowl and woodland birds. *The hike is on natural surface trails with uneven terrain, so wear sturdy shoes. Meet in the parking lot for the Recycled Tire Playground in Seneca Creek State Park.*

224349 18 & up Free Friday, February 15 10:00am-Noon

## WINTER SOLSTICE CELEBRATION

Friday, December 21, 7-8:30pm

Join us for the first day of winter, the year's longest night, and return of the sun. In ancient cultures, the solstice heralded the return of spring and was cause for great fires and feasts. We'll keep things a little more low-key with a campfire, cider, lantern making, candle lighting, and stories.

*Best for ages 3 and up. Please register and pay for all participants (adults and children) at [www.ParkPASS.org](http://www.ParkPASS.org)*

ParkPASS # 218549 Fee: \$5 per person



# Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org  
Open Tuesday-Saturday, 9am-5pm. Trails open daily dawn to dusk.

## Toddlers & Preschool Ages 0-6

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Tyke Hikes

Come and discover the bustling world around Meadowside Nature Center. Take a nature mini-hike and make a craft to take home.

#### • Nutty Hike

We'll learn about and look for nuts that have fallen from the trees.

220215 2-3yrs 1 Class \$5 12/5 W 10:30am-11:15am

#### • Who's Been Here?

We'll look for signs of animals as we hike throughout the forest.

220216 2-3yrs 1 Class \$5 1/9 W 10:30am-11:15am

#### • Oh, My Deer

Learn about and search through the winter woods for white-tailed deer.

220217 2-3yrs 1 Class \$5 2/20 W 10:30am-11:15am

## The Great Migration Challenge

As birds of summer vanish from our yards and woodlands, have you ever wondered where they go and how they find their way? Find out how through a story, game, and craft.

220065 4-6yrs 1 Class \$5 12/6 Th 10:30am-11:30am

## Tiny Talon Tales

Children will spread their wings as they listen to stories of raptors and see them come alive. Listen to a raptor-themed story, meet Meadowside's own raptors, and make a craft to take home.

220212 3-6yrs 1 Class \$5 12/11 Tu 10:30am-11:30am

220213 3-6yrs 1 Class \$5 1/24 Th 10:30am-11:30am

220214 3-6yrs 1 Class \$5 2/19 Tu 10:30am-11:30am

## Let it Snow!

Learn some snowy facts, read a story, and create a snow meter that you can use to measure the snowfall around your house this year.

220219 3-5yrs 1 Class \$5 12/12 W 11:30am-12:30pm

## The Mitten

Hear a story about a lost mitten and the forest animals who find it, hike to find hidden visitors around the Nature Center, then make and take home a special mitten.

219850 3-5yrs 1 Class \$5 1/10 Th 10:00am-11:00am

219851 3-5yrs 1 Class \$5 1/19 Sa 11:00am-12:00pm



## Animals in Winter

How do animals cope with the change of seasons? What happens to animals as the weather gets cold and the days become shorter? Join us as we explore how different animals adjust to winter through hibernation, migration, and adaptation.

220067 3-5yrs 1 Class \$5 1/16 W 10:30am-11:30am

## Knock, Knock...Woodpeckers!

What is that knock-knock-knocking in the woods? Read a story, learn about these fascinating birds, and make a fun woodpecker-friendly feeder to take home.

220249 3-5yrs 1 Class \$5 1/22 Tu 10:30am-11:30am

## Winter Wonders Scavenger Hike

What can you see, hear, or feel on a winter walk through the woods? We'll look for tracks, listen for birds, and feel the soft needles of a pine tree on this seasonal scavenger hike using all your senses!

220250 3-5yrs 1 Class \$5 1/30 W 10:30am-11:30am

## Groundhog Day

Will the groundhog see his shadow tomorrow? Will spring be early or late? Find out how the groundhog became a weather forecaster, and make a craft to take home.

220154 3-5yrs 1 Class \$5 2/1 F 10:30am-11:30am

## Which Beak Is Best?

Birds' beaks may be large or small, heavy or light, short or long. Each kind of beak is used for eating a particular type of food. Learn how birds use their beaks through stories, games, and a craft.

220157 4-6yrs 1 Class \$5 2/6 W 1:00pm-2:00pm

## Owl Be Your Valentine!

Discover which species of owl has a heart-shaped face, and learn how owls will even bring their sweetheart a valentine treat! We'll visit one of Meadowside's owls, and then share the love by making some owl valentines for friends and family.

220299 3-5yrs 1 Class \$5 2/13 W 10:30am-11:30am

## Is Spring Just Around the Corner?

We'll read a story about Frog and Toad, then take a hike to see if spring is just around the corner.

219949 3-5yrs 1 Class \$5 2/16 Sa 11am-12pm

220000 3-5yrs 1 Class \$5 2/26 Tu 11am-12pm



**MEADOWSIDE  
NATURE CENTER**

*Volunteer to be a  
**Meadowside  
Nature  
Center Host***

If you like helping people and enjoy learning about local wildlife, you'll love volunteering at Meadowside Nature Center. We're looking for friendly faces to greet visitors, answer questions, check in program participants, and more. This is a once-a-week, 6-month commitment. You must be 16 or older; SSL-approved. Please visit [www.ParksVolunteers.org](http://www.ParksVolunteers.org) for more information.





## Children & Youth Ages 6–12

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Grandkids and Me

Come with your grandchild and learn common birds you might see in the wintertime visiting bird feeders. Build and paint your own feeder to take home and observe all the birds you help through the winter! *Please register children; grandparents are free.*



220218 8-12yrs 1 Class \$10 12/8 Sa 9:30am-11:00am

## Mixed Ages Ages 3-15

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Make It and Take It

Easy-to-make crafts that you can take home!

#### • Pine & Apple Decoration

Using an apple and evergreens, make a fun table decoration that smells like the woods and looks great, too!



219750 3-12yrs 1 Class \$5 12/22 Sa 11:00am-12:00pm

#### • Pine Print Gift Wrap

Using pine boughs and more, print your own colorful gift wrap with paint and natural materials! *Please bring a painting smock.*

219800 3-12yrs 1 Class \$5 12/22 Sa 2:00pm-3:00pm



### Little House on the Prairie: Winter Days

How did Laura Ingalls Wilder and her family enjoy the holiday season and get through the long winter? Spend a day on the farm with fun activities, food, and seasonal crafts as we explore the life and times of Laura and her family during the winter months. *Please bring a bag lunch. Meet at the Agricultural History Farm Park, 18400 Muncaster Road, Derwood, MD 20855.*

220220 8-13yrs 1 Class \$25 12/27 Th 10:30am-2:30pm

### Animal Homes Hike

Animal homes in the park are easier to spot in winter. Wear good walking shoes as we hike looking for signs of birds, squirrels, deer and more.

219852 3-12yrs 1 Class \$5 1/19 Sa 2:00pm-3:00pm

### Maple Trees & Treats

Discover maple trees and what makes them so special. Then learn about an American tradition—making maple syrup—and taste a sweet maple treat!

219999 3-15yrs 1 Class \$5 2/16 Sa 2:00pm-3:00pm



## Programs for All

Registration is required unless otherwise noted.  
All children must be accompanied by an adult.

### Owls, Hawks & Eagles Lunchtime and Talk FREE

Observe Meadowside's hawk, owl, vulture, and bald eagle during their feeding time and ask questions! Speak with a Naturalist about birds of prey, and learn some of the stories about the raptors on exhibit. *These talks will begin at the Raptor Walkway behind the Nature Center. No registration required.*

220206 2 & up 1 Class FREE 12/8 Sa 12:00pm-12:30pm  
220207 2 & up 1 Class FREE 1/5 Sa 12:00pm-12:30pm  
220208 2 & up 1 Class FREE 2/2 Sa 12:00pm-12:30pm

### Raptors of Rock Creek LIVE!

Seeing live raptors just a few steps away is an exciting experience you won't forget! Discover what makes raptors unique among birds, and learn the fantastic tools these predators have for hunting in the wild.

Meet one of our resident raptors live and up close.

*Programs take place at Meadowside's campfire ring.*

*Please register and pay for all participants.*

220209 2 & up 1 Class \$3 12/8 Sa 1:30pm-2:00pm  
220210 2 & up 1 Class \$3 1/22 Tu 1:00pm-1:30pm  
220211 2 & up 1 Class \$3 2/22 F 2:00pm-2:30pm

### Alien Invaders FREE

Our park's native plants are being choked and overgrown by alien invasive plants. You, your family, or your group can help give the park's native plants room to grow by removing the invasive non-natives. *Bring leather gloves if you have them or borrow ours. No registration required, but please call in advance if you are bringing a group. SSL-approved.*

220713 8 & up 1 Class FREE 12/22 Sa 9:00am-10:00am  
220714 8 & up 1 Class FREE 1/19 Sa 9:00am-10:00am  
220715 8 & up 1 Class FREE 2/16 Sa 9:00am-10:00am

### Bird Bingo FREE

Every season brings new birds. Stop by the Nature Center to pick up a bird bingo card, then hit the trails to search for feathered friends. Share what you find with the Naturalist staff and receive a prize.

220153 6 & up 1 Class FREE 1/26 Sa 1:00pm-3:00pm

### Whooo's in the Woods?

Let's hike along the Rock Creek Stream Valley calling for barred, barn and screech owls. We'll end our evening with hot cocoa and roasted marshmallows.

220199 6 & up 1 Class \$5 2/21 Th 6:00pm-8:00pm



## Scouts

Registration is required.

### Webelo Scientist Activity Badge

Let's do scientific experiments and test some famous laws of science, explore how planes fly, and learn how the brain can play tricks on us.

220201 7-10yrs 1 Class \$25 2/23 Sa 9:30am-12:00pm

## Pre-Teens & Teens Ages 13–17

Registration is required unless otherwise noted.



Whether crawling through caves, hiking the Appalachian Trail or caring for owls, hawks and eagles, Eco-TEEN Montgomery gets teens outdoors learning about their environment while making a difference through environmentally based service learning projects. Eco-TEEN Montgomery is all about exploring something new, helping the environment, making new friends and (of course!) having fun.

### Explore Sugarloaf Mountain

Join us for a fun, vigorous hike exploring Sugarloaf Mountain, an unusual peak rising above the surrounding rolling farmland just north of Montgomery County. We'll explore the trails and enjoy the beautiful views as we learn about the mountain's natural and cultural history and its curious geology. *Please wear comfortable hiking shoes, dress for the weather, and bring a bag lunch and drinking water in a day pack. Fee includes transportation.*

220063 13-17yrs 1 Class \$10 12/27 Th 10:00am-2:00pm

### Remotely Operated Vehicle (ROV) Experience

We'll visit the Smithsonian Environmental Research Center (SERC) in Edgewater, Maryland to learn how ROVs help researchers study the Chesapeake Bay. While there we'll work in teams to build our own ROVs using PVC pipes and motors. Each team will have a chance to test their ROV and demonstrate its ability to perform an assigned task in the water. *Please bring a bag lunch. Fee includes materials and transportation.*

220203 13-17yrs 1 Class \$25 1/22 Tu 9:30am- 3:00pm

# ECOTEEN

montgomery



## Adults Registration is required.

# Nature Matters

## LECTURE SERIES

Spend an evening with researchers and conservationists for an intriguing lecture series focused on local nature and conservation topics. Check-in and refreshments at 6:45 pm in Meadowside Nature Center, and the one-hour lecture begins at 7 pm, followed by a Q & A session. **FREE**

### Beyond Bumblebees: Native Bees, Wasps and Hornets in Maryland

The bumblebee is one of our most familiar native bees, but did you know there are more than 400 native bee species in Maryland? Join Montgomery Parks Naturalist **Brady Hartley** to learn about native bee pollinators, their nesting habits and behaviors, and see an orchard mason bee nesting system you can use in your home garden. Discover the native bees, wasps and hornets you're most likely to encounter around your garden or local park.

219849 14 & up 1 Class FREE 1/15 Tu 6:45pm-8:00pm



### Continental Collisions and Our Local Geology

Author, geologist, and sustainability expert **Ned Tillman** presents an exciting look at the events that created Montgomery County as we see it today and how the rocks, soils, and waters will affect our future. Feel free to bring in your favorite rocks to share with Ned and learn about their history and value.

219899 14 & up 1 Class FREE 2/6 W 6:45pm-8:00pm

### Valentines Geocaching Adventure

Couples that play together stay together, so come to Meadowside for a pre-Valentine's Day date.

Geocaching is a modern-day treasure hunt using GPS technology to hide and seek hidden containers, or caches. Hide your own home-made valentine for your sweetheart to find, and then enjoy searching for another hidden geocache near Meadowside. *Please dress for the weather and wear sturdy shoes for hiking.*

220251 18 & up 1 Class \$10 2/9 Sa 10:00am-11:30am



### "WHAT HAPPENED TO MY PROGRAM?"

We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.



Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at [www.ParkPASS.org](http://www.ParkPASS.org)!



# josiah henson park

## Celebrate Black History Month

### FREE GUIDED TOURS

**Saturdays | February 2, 9, 16, 23**

### **"A Walk in Father Henson's Footsteps"**

**Noon - 4:00 pm | Last tour begins 3:00 pm**

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Walk the grounds where Henson toiled as a slave on the Isaac Riley plantation. Learn about his extraordinary life, which inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*.

### SPOKEN WORD POETRY EVENT

**Saturday, February 23**

### **Lyrical Rhythms: The Sounds of Freedom**

**3:00 - 4:00 pm | Free Admission**

Close out our Black History Month celebration with our annual poetry event. Create and share your own "sounds of freedom" in the form of original poetry. Only self-guided tours are offered during the program. A reception with light refreshments immediately follows.

**HistoryInTheParks.org**  
**301-650-4373**

**11420 Old Georgetown Road  
North Bethesda, MD 20852**

Parking for Josiah Henson Park events is available  
**ONLY** at the Kennedy Shriver Aquatic Center,  
5900 Executive Blvd., N. Bethesda.

# Volunteers In Parks?

## Who? Why? Naturally!

- Students
- Retirees
- Working Adults
- College Students
- Families
- Corporations
- Civic Associations
- You!

- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement

- Develop your network
- Stay active and involved
- Try a career
- Give back a little
- Give back a lot
- MAKE A DIFFERENCE!

## How?



Search by interest at ParksVolunteers.org



Montgomery Parks doesn't close down in the winter...and it's never too early to recruit for the spring! *The Garden of Lights* at Brookside Gardens, *the Winter Solstice Celebration* at Locust Grove Nature Center and the *Maple Sugar Festival* at Brookside Nature Center are just a few examples of short-term volunteer opportunities...to find these and more, click Special Events & Projects on our website.

If you are looking for a longer term volunteer opportunity, we may have just what you are looking for! These are just a few of the positions we are looking to fill.

- Bluebird Monitors
- Boat Captains
- Bussard Farmhouse Volunteer Guide
- Butterfly Meadow Gardeners
- Camp Counselors
- Gardeners
- Gift Shop Assistants
- Ice Skating Instructor Assistant
- Master Naturalist Training
- Nature/Visitor Center Hosts
- Naturalist Aides
- Nature Exploration Area Stewards
- Nature Program Specialists
- Nature Story Time Volunteers
- Oakley Cabin Special Event Assistant
- Trail Groundskeepers
- Underground Railroad Guide

## ...at the RINKS

It's the coolest party spot in town! Both rinks have party rooms available to rent at very reasonable hourly rates. Schedule your party time around a public session, buy a couple of discount ticket books, and you've got built-in entertainment. Cabin John's Studio Rink and Wheaton's rink are also available to rent for private parties. See the websites for details and rates, and call us to make your reservation.

[www.CabinJohnIce.com](http://www.CabinJohnIce.com) | 301-765-8620

[www.WheatonIceArena.com](http://www.WheatonIceArena.com) | 301-905-3000



## ...on the COURTS

Saturday night is party time at Pauline Betz Addie Tennis Center and Wheaton Indoor Tennis! From 8pm-midnight on most Saturdays, you can rent half or all of the facility to yourself to play tennis and socialize. Just \$25 a court! (3 court/2-hour minimum). Call us for more information and to reserve a date.

[www.CabinJohnTennis.com](http://www.CabinJohnTennis.com) | 301-765-8650

[www.WheatonTennis.com](http://www.WheatonTennis.com) | 301-905-3030



## ...at the NATURE CENTERS

Our four Nature Centers and Brookside Gardens offer a variety of excellent planned party packages based around different nature themes. Please visit their websites for more information.

[www.BlackHillNature.org](http://www.BlackHillNature.org) | [www.BrooksideNatureCenter.org](http://www.BrooksideNatureCenter.org)

[www.LocustGroveNature.org](http://www.LocustGroveNature.org) | [www.MeadowsideNature.org](http://www.MeadowsideNature.org)

[www.BrooksideGardens.org](http://www.BrooksideGardens.org)

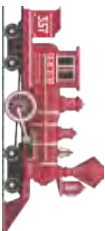


## ...at the TRAINS

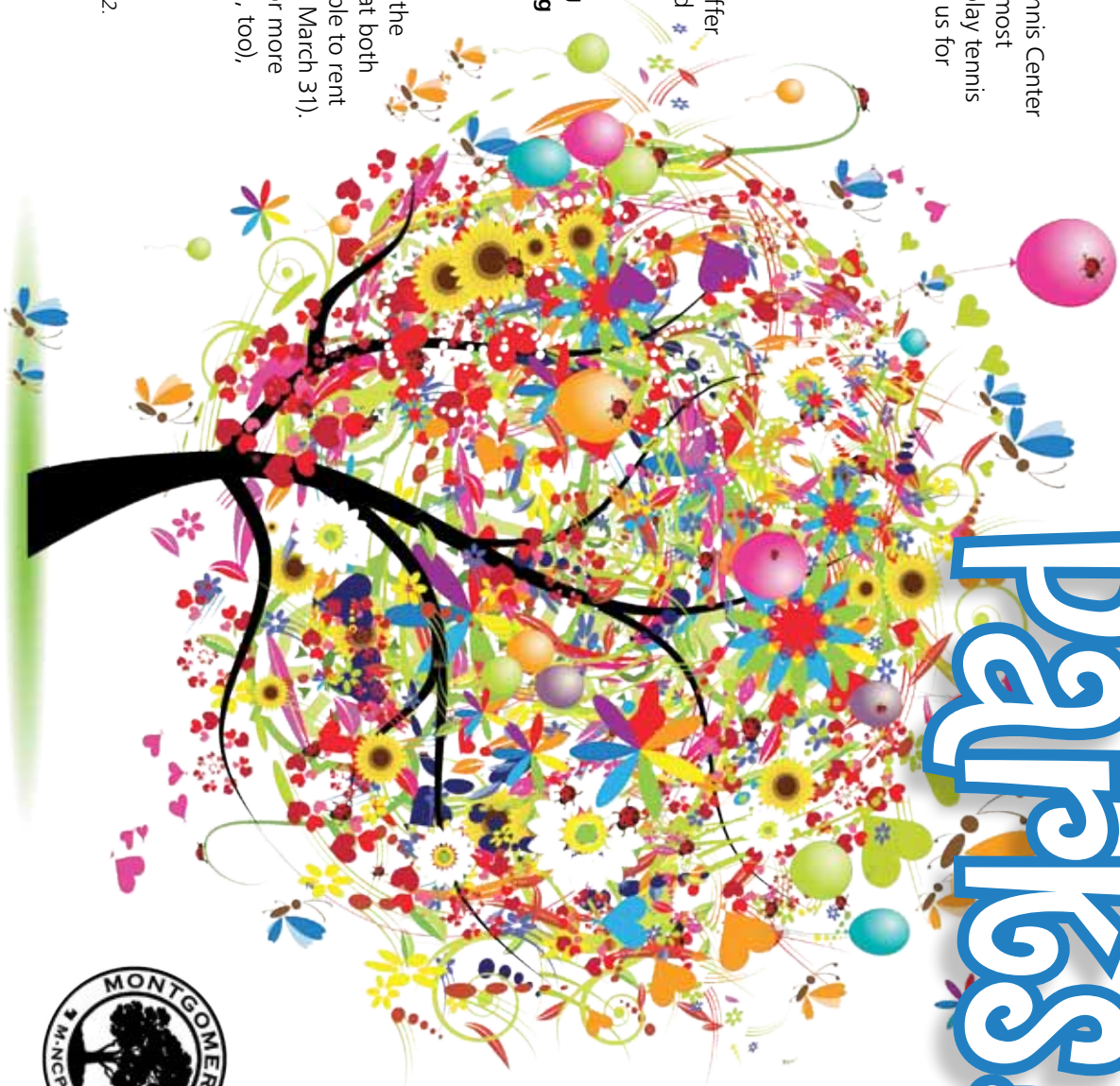
The trains and carousel are put to bed for the winter. But the Train Station Party Rooms at both trains, and the Carousel Party Room at Wheaton are still available to rent throughout the winter—at significantly reduced rates (through March 31). Choose from 2- or 6-hour party packages. Visit the websites for more information (you can download a brochure with an application, too), and call to make a reservation.

[www.CabinJohnTrain.com](http://www.CabinJohnTrain.com) | 301-765-8670

[www.WheatonTrainandCarousel.com](http://www.WheatonTrainandCarousel.com) | 301-942-6703



# Party in the Parks!



*P.S. We'll begin taking reservations for SPRING 2013 party dates on January 22.*

# SOUTH GERMANTOWN Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | **Open through December!**

## WINTER HOURS

### Through November 30

Monday-Friday 11am-9pm  
Saturday & Sunday 8am-10pm

### December 1 - December 30\*

Monday-Friday 11am-5pm  
Saturday 10am-8pm  
Sunday 10am-5pm

**\*PLEASE NOTE** Winter hours depend on the weather. Please call or check the website for schedule updates before heading out.



## Facility Upgrades

- New sand trap training area  
*Practice your bunker game and hit balls onto the range*
- New synthetic turf putting green
- New elevated greens  
*Work on both distance and accuracy as you shoot for the greens instead of distance markers*
- Updated clubhouse with restroom and Direct TV

## Same Great Prices!

Get this year's range balls and discount cards at last year's prices. Visit our website for **Range Ball Discount Cards** (save up to 40%!)

## Same Great Specials!

### • Early Bird Special

Half-price buckets of balls  
Saturdays and Sundays, 7am-9am

### • Lunch Special

Half-price buckets of balls  
Monday-Friday, 11am-1pm

## Let's Golf! Clinics

Come learn or brush up on your golf skills at our weekend clinics! Every weekend we'll teach you a different golf skill. The schedule varies, but we'll definitely cover chipping, putting, pitching, full swings, and more. You'll get personalized instruction, may use all the golf balls you need, and can borrow a club if you need one. Saturday clinics are open to all junior golfers; by popular demand, Sundays are for girls only. *Save \$5 when you register online!* (Same-day registration \$35)

### • Beginner/Intermediate Clinic

2217658	5-17yrs	1 Class	\$30	12/1	Sa	9:00am-10:00am
217659	5-17yrs	1 Class	\$30	12/8	Sa	9:00am-10:00am
217660	5-17yrs	1 Class	\$30	12/15	Sa	9:00am-10:00am
217661	5-17yrs	1 Class	\$30	12/22	Sa	9:00am-10:00am

### • Beginner/Intermediate Girls' Clinic

217675	5-17yrs	1 Class	\$30	12/2	Su	9:00am-10:00am
217676	5-17yrs	1 Class	\$30	12/9	Su	9:00am-10:00am
217677	5-17yrs	1 Class	\$30	12/16	Su	9:00am-10:00am
217678	5-17yrs	1 Class	\$30	12/23	Su	9:00am-10:00am

### • Advanced Clinic

217649	5-17yrs	1 Class	\$30	12/1	Sa	8:00am-9:00am
217650	5-17yrs	1 Class	\$30	12/8	Sa	8:00am-9:00am
217651	5-17yrs	1 Class	\$30	12/15	Sa	8:00am-9:00am
217652	5-17yrs	1 Class	\$30	12/22	Sa	8:00am-9:00am

### • Advanced Girls' Clinic

217666	5-17yrs	1 Class	\$30	12/2	Su	8:00am-9:00am
217667	5-17yrs	1 Class	\$30	12/9	Su	8:00am-9:00am
217668	5-17yrs	1 Class	\$30	12/16	Su	8:00am-9:00am
217669	5-17yrs	1 Class	\$30	12/23	Su	8:00am-9:00am

## SPRING BREAK GOLF CAMP!

March 25-29, 2013

What a great way for your kids to spend Spring Break! At the Spring Break Golf Camp at South Germantown Driving Range, campers will learn chipping, full swings, bunker play, pitch shots and putting; and play a real 9-hole game at a local golf course!

The camp is for kids 6-13, and runs 9am-Noon Monday-Thursday, and Friday 8:30am-1pm. The \$200 fee covers professional instruction, tees, and Nike Golf balls. Call us with questions, and save the date! Registration opens January 9/10.

ParkPASS #224650

Please bookmark our webpage in your "Favorite Places"

[www.SGDrivingRange.com](http://www.SGDrivingRange.com)

The website "GermantownGolfPark.com" is owned by the previous operator of the facility and is no longer valid or accurate.



Save \$5  
when you  
register  
online!

# SPRING BREAK in Montgomery Parks



Registration opens **JANUARY 9/10** for all of these great Spring Break activities, so mark your calendars!



## SPRING WEEK IN THE PARK

March 25-29, 2013

It's time for spring fun and games at the SPRING session of Week in the Park! Kids will enjoy professional tennis and ice skating lessons, take nature

walks, ride the Wheaton Miniature Train and Ovid Hazen Wells Carousel, and much more. Be sure to wear your walking shoes!

224305 6-12yrs 5 Classes \$245 3/25-3/29 M-F 9am-5pm

## SPRING BREAK GOLF CAMP

South Germantown Driving Range  
March 25-29, 2013

What a great way for your kids to spend Spring Break! At the Spring Break Golf Camp at South Germantown Driving Range, campers will learn chipping, full swings, bunker play, pitch shots and putting; and play a real 9-hole game!

The camp is for kids 6-13, and runs 9am-Noon Monday-Thursday, and Friday 8:30am-1pm. The \$200 fee covers professional instruction, tees, and Nike Golf balls. Call us with questions at 301-670-4670, and save the date!

224650 6-13yrs 5 Classes \$200 3/25-3/29 M-Th 9am-Noon  
F 8:30am-1:00pm



No School?  
**parkplayday**  
No Problem!

## SPRING 2013

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), **Park Play Days** are on. Bring your kids for a Park Play Day full of activities, including ice skating lessons, arts & crafts, and fun team games and sports.

### Cabin John Ice Rink

224299	6-12yrs	\$40	1 Class	3/25	M	9:00am- 5:00pm
224300	6-12yrs	\$40	1 Class	3/26	Tu	9:00am- 5:00pm
224301	6-12yrs	\$40	1 Class	3/27	W	9:00am- 5:00pm
224302	6-12yrs	\$40	1 Class	3/28	Th	9:00am- 5:00pm
224303	6-12yrs	\$40	1 Class	3/29	F	9:00am- 5:00pm

### Wheaton Ice Arena

224304	6-12yrs	\$40	1 Class	3/22	F	9:00am- 5:00pm
224306	6-12yrs	\$40	1 Class	4/1	M	9:00am- 5:00pm
224307	6-12yrs	\$40	1 Class	4/2	Tu	9:00am- 5:00pm



[www.CabinJohnTrain.com](http://www.CabinJohnTrain.com)  
[www.WheatonTrainandCarousel.com](http://www.WheatonTrainandCarousel.com)

## ALL ABOARD!

### Cabin John and Wheaton Miniature Trains

Monday, March 25 - Tuesday, April 2, 10am-6pm

Both of our miniature trains will be ready to roll during Spring Break! Please check the trains' websites or Facebook pages for weather-related updates. Tickets are \$1.75, and children under age 2 ride free with a paying adult.





**Cabin John Ice Rink**  
10610 Westlake Drive  
Rockville, MD 20852  
301-765-8620  
[www.CabinJohnIce.com](http://www.CabinJohnIce.com)



**Wheaton Ice Arena**  
11717 Orebaugh Avenue  
Wheaton, MD 20902  
301-905-3000  
[www.WheatonIceArena.com](http://www.WheatonIceArena.com)



Like both rinks (and Montgomery Parks) on Facebook!

## ICE SKATING & HOCKEY GROUP LESSONS Registration Info

### » FOUR WAYS TO REGISTER «

- Online at [www.ParkPASS.org](http://www.ParkPASS.org)
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

### » REGISTRATION DATES «

- For classes starting in **JANUARY 2013**: Register **December 17/18\*** thru **January 8**.  
For classes starting in **MARCH 2013**: Register **February 21/22\*** thru **February 27**.
- Beginning **January 9** for January classes and **February 28** for March classes, register in person only at the rink (non-refundable \$10 service fee applies).

### » COURSE FEES COVER «

- Six lessons (15, 30 or 45 minutes, depending on class)
- A practice card good for admission to 3, 6 or 9 practice sessions (depending on your class) during public skating sessions. Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

### » PLEASE NOTE «

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will tell each student if he or she is ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.

\* First registration date is for Montgomery County residents; registration open to all second date listed.

## ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the front desk.
- Pick up your skates at the skate exchange. Ask for one size smaller than your **sneaker size**. You'll have better balance and protection against injuries!



## DATES TO NOTE

### No Classes at both rinks...

- Friday, March 22—Monday, April 1

### Both rinks Closed...

- Thursday, November 22 (Thanksgiving)
- Tuesday, December 25 (Christmas)

### Both rinks Close Early/Open Late...

- Monday, December 24, close at 3pm
- Monday, December 31, close at 3pm
- Tuesday, January 1, open at noon



## Ice Skating

### Tot Ice Skating

The Tot ice skating curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snow plow stop. *Bicycle helmets are strongly recommended for beginners.*

#### Tot 1

Learn the proper way to fall down and stand up, march in place, and march while moving. Proper skate fitting will be covered also. *Bicycle helmets are strongly recommended for beginners.*

##### Cabin John Ice Rink

218025	3-4yrs	6 Classes	\$96	1/10	Th	10:30am-11:00am
218026	3-4yrs	6 Classes	\$96	1/10	Th	2:00pm- 2:30pm
218036	3-4yrs	6 Classes	\$96	1/11	F	9:45am-10:15am
218027	3-4yrs	6 Classes	\$96	1/11	F	3:00pm- 3:30pm
218028	3-4yrs	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218029	3-4yrs	6 Classes	\$96	1/12	Sa	12:45pm- 1:15pm
218024	3-4yrs	6 Classes	\$96	1/12	Sa	2:00pm- 2:30pm
218030	3-4yrs	6 Classes	\$96	1/12	Sa	2:30pm- 3:00pm
218031	3-4yrs	6 Classes	\$96	1/13	Su	11:30am-12:00pm
218032	3-4yrs	6 Classes	\$96	1/13	Su	3:15pm- 3:45pm
218035	3-4yrs	6 Classes	\$96	1/13	Su	3:45pm- 4:15pm
218022	3-4yrs	6 Classes	\$96	1/14	M	1:30pm- 2:00pm
218034	3-4yrs	6 Classes	\$96	1/14	M	3:45pm- 4:15pm
218023	3-4yrs	6 Classes	\$96	1/15	Tu	10:00am-10:30am
218033	3-4yrs	6 Classes	\$96	1/16	W	4:00pm- 4:30pm
218296	3-4yrs	6 Classes	\$96	3/1	F	9:45am-10:15am
218298	3-4yrs	6 Classes	\$96	3/1	F	3:00pm- 3:30pm
218291	3-4yrs	6 Classes	\$96	3/2	Sa	10:30am-11:00am
218292	3-4yrs	6 Classes	\$96	3/2	Sa	12:15pm-12:45pm
218293	3-4yrs	6 Classes	\$96	3/2	Sa	1:45pm- 2:15pm
218294	3-4yrs	6 Classes	\$96	3/3	Su	12:30pm- 1:00pm
218297	3-4yrs	6 Classes	\$96	3/3	Su	2:15pm- 2:45pm
218290	3-4yrs	6 Classes	\$96	3/4	M	2:00pm- 2:30pm
218287	3-4yrs	6 Classes	\$96	3/5	Tu	3:45pm- 4:15pm
218295	3-4yrs	6 Classes	\$96	3/5	Tu	11:00am-11:30am
218288	3-4yrs	6 Classes	\$96	3/6	W	4:00pm- 4:30pm
218289	3-4yrs	6 Classes	\$96	3/7	Th	10:30am-11:00am

##### Wheaton Ice Arena

218949	3-4yrs	6 Classes	\$96	1/10	Th	5:00pm- 5:30pm
218950	3-4yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
218951	3-4yrs	6 Classes	\$96	1/12	Sa	10:45am-11:15am
218952	3-4yrs	6 Classes	\$96	1/13	Su	11:30am-12:00pm
218953	3-4yrs	6 Classes	\$96	1/13	Su	2:45pm- 3:15pm
218954	3-4yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
218955	3-4yrs	6 Classes	\$96	3/2	Sa	10:45am-11:15am
218956	3-4yrs	6 Classes	\$96	3/3	Su	11:30am-12:00pm
218957	3-4yrs	6 Classes	\$96	3/3	Su	2:45pm- 3:15pm

#### Tot 2 Prerequisite: Passed Tot 1

Learn two-foot jump in place, forward swizzles (moving and standing still), two-foot glide, and backwards wiggling. *Bicycle helmets recommended.*

##### Cabin John Ice Rink

218043	3-4yrs	6 Classes	\$96	1/10	Th	10:00am-10:30am
218048	3-4yrs	6 Classes	\$96	1/11	F	3:00pm- 3:30pm
218044	3-4yrs	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218045	3-4yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
218046	3-4yrs	6 Classes	\$96	1/12	Sa	12:15pm-12:45pm
218047	3-4yrs	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
218042	3-4yrs	6 Classes	\$96	1/14	M	1:30pm- 2:00pm

#### Cabin John Ice (cont.)

218313	3-4yrs	6 Classes	\$96	3/1	F	1:00pm- 1:30pm
218314	3-4yrs	6 Classes	\$96	3/1	F	3:00pm- 3:30pm
218307	3-4yrs	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218312	3-4yrs	6 Classes	\$96	3/2	Sa	12:15pm-12:45pm
218308	3-4yrs	6 Classes	\$96	3/2	Sa	12:45pm- 1:15pm
218309	3-4yrs	6 Classes	\$96	3/2	Sa	3:00pm- 3:30pm
218310	3-4yrs	6 Classes	\$96	3/3	Su	11:30am-12:00pm
218311	3-4yrs	6 Classes	\$96	3/3	Su	3:15pm- 3:45pm
218306	3-4yrs	6 Classes	\$96	3/4	M	2:30pm- 3:00pm
218304	3-4yrs	6 Classes	\$96	3/5	Tu	10:00am-10:30am
218305	3-4yrs	6 Classes	\$96	3/6	W	4:00pm- 4:30pm

##### Wheaton Ice Arena

218958	3-4yrs	6 Classes	\$96	1/12	Sa	10:45am-11:15am
218959	3-4yrs	6 Classes	\$96	1/13	Su	1:00pm-1:30pm
218960	3-4yrs	6 Classes	\$96	3/2	Sa	10:45am-11:15am
218961	3-4yrs	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm
218962	3-4yrs	6 Classes	\$96	3/7	Th	5:00pm- 5:30pm

#### Tot 3 Prerequisite: Passed Tot 2

Learn backward swizzles, one-foot glides, push and glide stroking, and stopping.

##### Cabin John Ice Rink

218056	3-4yrs	6 Classes	\$96	1/12	Sa	10:30am-11:00am
218057	3-4yrs	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
218055	3-4yrs	6 Classes	\$96	1/14	M	1:00pm- 1:30pm
218053	3-4yrs	6 Classes	\$96	1/15	Tu	11:00am-11:30am
218319	3-4yrs	6 Classes	\$96	3/2	Sa	9:00am- 9:30am
218320	3-4yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
218321	3-4yrs	6 Classes	\$96	3/4	M	1:30pm- 2:00pm
218322	3-4yrs	6 Classes	\$96	3/7	Th	10:00am-10:30am

### Parent & Tot Ice Skating

Skating is lots of fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march, and march while moving on the ice. *Please note: You'll need basic skating skills since you'll be participating with your child on ice. Bicycle helmets recommended. Fee covers one child and one parent; please register the child only.*

##### Cabin John Ice Rink

218008	3-5yrs	6 Classes	\$96	1/10	Th	10:30am-11:00am
218016	3-5yrs	6 Classes	\$96	1/11	F	9:45am-10:15am
218013	3-5yrs	6 Classes	\$96	1/12	Sa	8:30am- 9:00am
218009	3-5yrs	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218012	3-5yrs	6 Classes	\$96	1/12	Sa	10:00am-10:30am
218010	3-5yrs	6 Classes	\$96	1/12	Sa	11:00am-11:30am
218015	3-5yrs	6 Classes	\$96	1/12	Sa	1:15pm- 1:45pm
218011	3-5yrs	6 Classes	\$96	1/13	Su	11:30am-12:00pm
218014	3-5yrs	6 Classes	\$96	1/13	Su	2:15pm- 2:45pm
218007	3-5yrs	6 Classes	\$96	1/15	Tu	10:30am-11:00am
218279	3-5yrs	6 Classes	\$96	3/2	Sa	8:30am- 9:00am
218274	3-5yrs	6 Classes	\$96	3/2	Sa	9:00am- 9:30am
218275	3-5yrs	6 Classes	\$96	3/2	Sa	11:00am-11:30am
218276	3-5yrs	6 Classes	\$96	3/3	Su	11:30am-12:00pm
218278	3-5yrs	6 Classes	\$96	3/3	Su	3:15pm- 3:45pm
218277	3-5yrs	6 Classes	\$96	3/3	Su	3:45pm- 4:15pm
218272	3-5yrs	6 Classes	\$96	3/5	Tu	10:30am-11:00am
218273	3-5yrs	6 Classes	\$96	3/7	Th	11:00am-11:30am

*continued on next page..*

### VETERAN'S DAY SKATE

**Sunday,  
November 11**

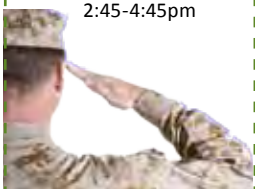
To show our appreciation for the men and women of our armed forces, we're offering **free skating and skate rentals** at all Public Sessions today. Offer is extended to all military personnel (active duty and veterans) and their families. Thank you!

#### CABIN JOHN ICE

8:30-10am, 12:30-2:30pm, 4:30-6:30pm

#### WHEATON ICE

11am-12:45pm and 2:45-4:45pm



## Parent & Tot Ice Skating (cont.)

### Wheaton Ice Arena

218899	3-5yrs	6 Classes	\$96	1/11	F	4:45pm- 5:15pm
218900	3-5yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
218901	3-5yrs	6 Classes	\$96	1/12	Sa	10:45am-11:15am
218902	3-5yrs	6 Classes	\$96	1/12	Sa	12:30pm- 1:00pm
218903	3-5yrs	6 Classes	\$96	1/13	Su	11:00am-11:30am
218904	3-5yrs	6 Classes	\$96	1/13	Su	2:45pm- 3:15pm
218905	3-5yrs	6 Classes	\$96	1/13	Su	3:15pm- 3:45pm
218906	3-5yrs	6 Classes	\$96	3/1	F	4:45pm- 5:15pm
218907	3-5yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
218908	3-5yrs	6 Classes	\$96	3/2	Sa	10:45am-11:15am
218909	3-5yrs	6 Classes	\$96	3/3	Su	11:00am-11:30am
218910	3-5yrs	6 Classes	\$96	3/3	Su	2:45pm- 3:15pm

## Pre-Alpha (Level 1)

Pre-Alpha classes are designed for beginners, or people with minimal ice skating experience, age 4 and up. Learn how to properly tie and fit skates, fall down and get up, march and glide on two feet, swizzle forward and in place, hop, and wiggle backward.

## Pre-Alpha, Preschool (Level 1)

### Cabin John Ice Rink

218073	4-6yrs	6 Classes	\$96	1/10	Th	10:00am-10:30am
218074	4-6yrs	6 Classes	\$96	1/10	Th	2:00pm- 2:30pm
218076	4-6yrs	6 Classes	\$96	1/10	Th	3:45pm- 4:15pm
218075	4-6yrs	6 Classes	\$96	1/10	Th	4:45pm- 5:15pm
218077	4-6yrs	6 Classes	\$96	1/11	F	1:00pm- 1:30pm
218078	4-6yrs	6 Classes	\$96	1/11	F	4:00pm- 4:30pm
218079	4-6yrs	6 Classes	\$96	1/11	F	5:00pm- 5:30pm
218080	4-6yrs	6 Classes	\$96	1/12	Sa	8:30am- 9:00am
218081	4-6yrs	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218089	4-6yrs	6 Classes	\$96	1/12	Sa	11:00am-11:30am
218082	4-6yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
218083	4-6yrs	6 Classes	\$96	1/12	Sa	1:15pm- 1:45pm
218092	4-6yrs	6 Classes	\$96	1/12	Sa	3:00pm- 3:30pm
218084	4-6yrs	6 Classes	\$96	1/12	Sa	3:30pm- 4:00pm
218068	4-6yrs	6 Classes	\$96	1/12	Sa	4:00pm- 4:30pm
218085	4-6yrs	6 Classes	\$96	1/13	Su	12:00pm-12:30pm
218088	4-6yrs	6 Classes	\$96	1/13	Su	12:30pm- 1:00pm
218086	4-6yrs	6 Classes	\$96	1/13	Su	2:15pm- 2:45pm
218090	4-6yrs	6 Classes	\$96	1/13	Su	2:45pm- 3:15pm
218091	4-6yrs	6 Classes	\$96	1/13	Su	3:45pm- 4:15pm
218087	4-6yrs	6 Classes	\$96	1/13	Su	4:15pm- 4:45pm
218064	4-6yrs	6 Classes	\$96	1/14	M	2:00pm- 2:30pm
218066	4-6yrs	6 Classes	\$96	1/14	M	3:45pm- 4:15pm
218065	4-6yrs	6 Classes	\$96	1/14	M	4:45pm- 5:15pm
218067	4-6yrs	6 Classes	\$96	1/15	Tu	10:00am-10:30am
218069	4-6yrs	6 Classes	\$96	1/15	Tu	4:00pm- 4:30pm
218070	4-6yrs	6 Classes	\$96	1/15	Tu	5:00pm- 5:30pm
218093	4-6yrs	6 Classes	\$96	1/16	W	4:00pm- 4:30pm
218071	4-6yrs	6 Classes	\$96	1/16	W	4:30pm- 5:00pm
218072	4-6yrs	6 Classes	\$96	1/16	W	5:30pm- 6:00pm
218335	4-6yrs	6 Classes	\$96	3/1	F	1:30pm- 2:00pm
218336	4-6yrs	6 Classes	\$96	3/1	F	4:00pm- 4:30pm
218337	4-6yrs	6 Classes	\$96	3/1	F	5:00pm- 5:30pm
218338	4-6yrs	6 Classes	\$96	3/2	Sa	9:00am- 9:30am
218351	4-6yrs	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218339	4-6yrs	6 Classes	\$96	3/2	Sa	10:30am-11:00am
218352	4-6yrs	6 Classes	\$96	3/2	Sa	12:45pm- 1:15pm
218340	4-6yrs	6 Classes	\$96	3/2	Sa	1:45pm- 2:15pm

## Cabin John Ice (cont.)

218349	4-6yrs	6 Classes	\$96	3/2	Sa	3:00pm- 3:30pm
218341	4-6yrs	6 Classes	\$96	3/2	Sa	3:30pm- 4:00pm
218342	4-6yrs	6 Classes	\$96	3/3	Su	12:00pm-12:30pm
218343	4-6yrs	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm
218344	4-6yrs	6 Classes	\$96	3/3	Su	2:15pm- 2:45pm
218345	4-6yrs	6 Classes	\$96	3/3	Su	3:45pm- 4:15pm
218350	4-6yrs	6 Classes	\$96	3/3	Su	4:15pm- 4:45pm
218346	4-6yrs	6 Classes	\$96	3/4	M	1:30pm- 2:00pm
218347	4-6yrs	6 Classes	\$96	3/4	M	3:45pm- 4:15pm
218348	4-6yrs	6 Classes	\$96	3/4	M	5:15pm- 5:45pm
218329	4-6yrs	6 Classes	\$96	3/5	Tu	11:00am-11:30am
218330	4-6yrs	6 Classes	\$96	3/5	Tu	3:45pm- 4:15pm
218331	4-6yrs	6 Classes	\$96	3/6	W	4:00pm- 4:30pm
218332	4-6yrs	6 Classes	\$96	3/6	W	5:00pm- 5:30pm
218333	4-6yrs	6 Classes	\$96	3/7	Th	11:00am-11:30am
218334	4-6yrs	6 Classes	\$96	3/7	Th	4:15pm- 4:45pm

### Wheaton Ice Arena

220349	4-6yrs	6 Classes	\$96	1/10	Th	4:30pm- 5:00pm
220350	4-6yrs	6 Classes	\$96	1/10	Th	5:30pm- 6:00pm
220351	4-6yrs	6 Classes	\$96	1/11	F	5:15pm- 5:45pm
220352	4-6yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
220353	4-6yrs	6 Classes	\$96	1/12	Sa	10:45am-11:15am
220354	4-6yrs	6 Classes	\$96	1/12	Sa	11:15am-11:45am
220355	4-6yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
220356	4-6yrs	6 Classes	\$96	1/12	Sa	1:00pm- 1:30pm
220357	4-6yrs	6 Classes	\$96	1/13	Su	11:00am-11:30am
220358	4-6yrs	6 Classes	\$96	1/13	Su	12:00pm-12:30pm
220359	4-6yrs	6 Classes	\$96	1/13	Su	2:00pm- 2:30pm
220360	4-6yrs	6 Classes	\$96	1/13	Su	3:15pm- 3:45pm
220361	4-6yrs	6 Classes	\$96	3/1	F	5:15pm- 5:45pm
220362	4-6yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
220363	4-6yrs	6 Classes	\$96	3/2	Sa	10:45am-11:15am
220364	4-6yrs	6 Classes	\$96	3/2	Sa	11:15am-11:45am
220365	4-6yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
220366	4-6yrs	6 Classes	\$96	3/2	Sa	12:30pm- 1:00pm
220367	4-6yrs	6 Classes	\$96	3/3	Su	11:00am-11:30am
220368	4-6yrs	6 Classes	\$96	3/3	Su	12:00pm-12:30pm
220369	4-6yrs	6 Classes	\$96	3/3	Su	2:00pm- 2:30pm
220370	4-6yrs	6 Classes	\$96	3/3	Su	3:15pm- 3:45pm
220371	4-6yrs	6 Classes	\$96	3/7	Th	4:30pm- 5:00pm
220372	4-6yrs	6 Classes	\$96	3/7	Th	5:30pm- 6:00pm

## Pre-Alpha, Youth (Level 1)

### Cabin John Ice Rink

218098	6-12yrs	6 Classes	\$96	1/10	Th	3:45pm- 4:15pm
218111	6-12yrs	6 Classes	\$96	1/10	Th	4:15pm- 4:45pm
218099	6-12yrs	6 Classes	\$96	1/11	F	4:00pm- 4:30pm
218100	6-12yrs	6 Classes	\$96	1/11	F	5:30pm- 6:00pm
218101	6-12yrs	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218102	6-12yrs	6 Classes	\$96	1/12	Sa	12:45pm- 1:15pm
218103	6-12yrs	6 Classes	\$96	1/12	Sa	2:00pm- 2:30pm
218107	6-12yrs	6 Classes	\$96	1/12	Sa	3:30pm- 4:00pm
218115	6-12yrs	6 Classes	\$96	1/12	Sa	10:30am-11:00am
218104	6-12yrs	6 Classes	\$96	1/13	Su	12:00pm-12:30pm
218105	6-12yrs	6 Classes	\$96	1/13	Su	2:45pm- 3:15pm
218108	6-12yrs	6 Classes	\$96	1/13	Su	2:15pm- 2:45pm
218112	6-12yrs	6 Classes	\$96	1/13	Su	3:15pm- 3:45pm
218095	6-12yrs	6 Classes	\$96	1/14	M	4:45pm- 5:15pm
218109	6-12yrs	6 Classes	\$96	1/14	M	4:15pm- 4:45pm
218110	6-12yrs	6 Classes	\$96	1/14	M	5:15pm- 5:45pm
218096	6-12yrs	6 Classes	\$96	1/15	Tu	4:00pm- 4:30pm

continued on next page..



Ice Skating



## Keep Your Neighbors Warm Skate

Bring your new or gently used winter clothes (coats, hats, scarves, gloves, mittens, etc.) and skate for just **\$3.50** (includes skates). Please bring at least one donated item for each skater.

**Friday, November 16**

### CABIN JOHN ICE

8-10am,  
12:30- 2:30pm,  
4:30-6pm  
and 8-10pm

### WHEATON ICE

12:30- 2:30pm,  
4:45-6:15pm  
and 8:15-10:15pm





# Ice Skating

## Cabin John Ice Holiday Skating SPECTACULAR



Saturday,  
December 1  
6:30-9:30pm

Don't miss some of the most talented figure skaters in the area as they perform at the annual **Cabin John Ice Holiday Skating Spectacular!** This free event will feature both individual and exciting group performances. **Bring a Toy** This year, we'll be collecting new, unwrapped toys and books for Toys for Tots at the door.



### Pre-Alpha, Youth Cabin John Ice Rink (cont.)

218113	6-12yrs	6 Classes	\$96	1/15	Tu	5:30pm- 6:00pm
218097	6-12yrs	6 Classes	\$96	1/16	W	6:00pm- 6:30pm
218106	6-12yrs	6 Classes	\$96	1/16	W	4:30pm- 5:00pm
218114	6-12yrs	6 Classes	\$96	1/16	W	4:00pm- 4:30pm
218359	6-12yrs	6 Classes	\$96	3/1	F	4:00pm- 4:30pm
218360	6-12yrs	6 Classes	\$96	3/1	F	5:00pm- 5:30pm
218361	6-12yrs	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218362	6-12yrs	6 Classes	\$96	3/2	Sa	1:45pm- 2:15pm
218363	6-12yrs	6 Classes	\$96	3/2	Sa	2:30pm- 3:00pm
218367	6-12yrs	6 Classes	\$96	3/2	Sa	3:30pm- 4:00pm
218364	6-12yrs	6 Classes	\$96	3/3	Su	12:30pm- 1:00pm
218365	6-12yrs	6 Classes	\$96	3/3	Su	4:15pm- 4:45pm
218369	6-12yrs	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm
218366	6-12yrs	6 Classes	\$96	3/4	M	4:15pm- 4:45pm
218368	6-12yrs	6 Classes	\$96	3/4	M	5:15pm- 5:45pm
218355	6-12yrs	6 Classes	\$96	3/5	Tu	4:15pm- 4:45pm
218356	6-12yrs	6 Classes	\$96	3/6	W	4:30pm- 5:00pm
218357	6-12yrs	6 Classes	\$96	3/6	W	6:00pm- 6:30pm
218358	6-12yrs	6 Classes	\$96	3/7	Th	4:45pm- 5:15pm

### Wheaton Ice Arena

220449	6-12yrs	6 Classes	\$96	1/10	Th	4:30pm- 5:00pm
220450	6-12yrs	6 Classes	\$96	1/10	Th	5:30pm- 6:00pm
220451	6-12yrs	6 Classes	\$96	1/11	F	5:15pm- 5:45pm
220499	6-12yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
220500	6-12yrs	6 Classes	\$96	1/12	Sa	10:45am-11:15am
220501	6-12yrs	6 Classes	\$96	1/12	Sa	11:15am-11:45am
220502	6-12yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
220503	6-12yrs	6 Classes	\$96	1/12	Sa	1:00pm- 1:30pm
220504	6-12yrs	6 Classes	\$96	1/13	Su	11:00am-11:30am
220505	6-12yrs	6 Classes	\$96	1/13	Su	12:00pm-12:30pm
220506	6-12yrs	6 Classes	\$96	1/13	Su	2:00pm- 2:30pm
220507	6-12yrs	6 Classes	\$96	1/13	Su	3:15pm- 3:45pm
220508	6-12yrs	6 Classes	\$96	3/1	F	5:15pm- 5:45pm
220549	6-12yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
220550	6-12yrs	6 Classes	\$96	3/2	Sa	10:45am-11:15am
220551	6-12yrs	6 Classes	\$96	3/2	Sa	11:15am-11:45am
220552	6-12yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
220553	6-12yrs	6 Classes	\$96	3/2	Sa	12:30pm- 1:00pm
220554	6-12yrs	6 Classes	\$96	3/3	Su	11:00am-11:30am
220555	6-12yrs	6 Classes	\$96	3/3	Su	12:00pm-12:30pm
220556	6-12yrs	6 Classes	\$96	3/3	Su	2:00pm- 2:30pm
220557	6-12yrs	6 Classes	\$96	3/3	Su	3:15pm- 3:45pm
220558	6-12yrs	6 Classes	\$96	3/7	Th	4:30pm- 5:00pm
220559	6-12yrs	6 Classes	\$96	3/7	Th	5:30pm- 6:00pm

### Pre-Alpha, Teen/Adult (Level 1)

#### Cabin John Ice Rink

218119	12 & up	6 Classes	\$96	1/10	Th	7:15pm- 7:45pm
218117	12 & up	6 Classes	\$96	1/12	Sa	8:30am- 9:00am
218118	12 & up	6 Classes	\$96	1/14	M	12:30pm- 1:00pm
218371	12 & up	6 Classes	\$96	3/2	Sa	8:30am- 9:00am
218372	12 & up	6 Classes	\$96	3/4	M	12:30pm- 1:00pm
218373	12 & up	6 Classes	\$96	3/7	Th	7:15pm- 7:45pm

#### Wheaton Ice Arena

220751	12 & up	6 Classes	\$96	1/12	Sa	11:15am-11:45am
220752	12 & up	6 Classes	\$96	3/2	Sa	11:15am-11:45am

### Pre-Alpha PLUS (Level 2)

*Prerequisite: Passed Pre-Alpha (Level 1)*

Learn one-foot glides, forward swizzles with a two-foot glide, backward swizzles, two-foot turns, alternating one-foot pumping, and snowplow stops.

### Pre-Alpha PLUS, Preschool (Level 2)

#### Cabin John Ice Rink

218127	4-6yrs	6 Classes	\$96	1/10	Th	1:30pm- 2:00pm
218128	4-6yrs	6 Classes	\$96	1/10	Th	4:15pm- 4:45pm
218129	4-6yrs	6 Classes	\$96	1/10	Th	5:15pm- 5:45pm
218130	4-6yrs	6 Classes	\$96	1/11	F	4:00pm- 4:30pm
218131	4-6yrs	6 Classes	\$96	1/11	F	5:00pm- 5:30pm
218132	4-6yrs	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218133	4-6yrs	6 Classes	\$96	1/12	Sa	10:30am-11:00am
218134	4-6yrs	6 Classes	\$96	1/12	Sa	1:15pm- 1:45pm
218135	4-6yrs	6 Classes	\$96	1/12	Sa	4:00pm- 4:30pm
218137	4-6yrs	6 Classes	\$96	1/13	Su	12:30pm- 1:00pm
218136	4-6yrs	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
218138	4-6yrs	6 Classes	\$96	1/13	Su	3:45pm- 4:15pm
218121	4-6yrs	6 Classes	\$96	1/14	M	3:45pm- 4:15pm
218122	4-6yrs	6 Classes	\$96	1/14	M	5:15pm- 5:45pm
218123	4-6yrs	6 Classes	\$96	1/15	Tu	1:30pm- 2:00pm
218124	4-6yrs	6 Classes	\$96	1/15	Tu	4:00pm- 4:30pm
218125	4-6yrs	6 Classes	\$96	1/16	W	4:30pm- 5:00pm
218126	4-6yrs	6 Classes	\$96	1/16	W	5:30pm- 6:00pm
218395	4-6yrs	6 Classes	\$96	3/1	F	1:00pm- 1:30pm
218384	4-6yrs	6 Classes	\$96	3/1	F	4:00pm- 4:30pm
218385	4-6yrs	6 Classes	\$96	3/1	F	5:00pm- 5:30pm
218386	4-6yrs	6 Classes	\$96	3/2	Sa	8:30am- 9:00am
218387	4-6yrs	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218392	4-6yrs	6 Classes	\$96	3/2	Sa	10:30am-11:00am
218388	4-6yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
218389	4-6yrs	6 Classes	\$96	3/2	Sa	1:15pm- 1:45pm
218390	4-6yrs	6 Classes	\$96	3/2	Sa	4:00pm- 4:30pm
218394	4-6yrs	6 Classes	\$96	3/2	Sa	2:30pm- 3:00pm
218391	4-6yrs	6 Classes	\$96	3/3	Su	12:00pm-12:30pm
218396	4-6yrs	6 Classes	\$96	3/3	Su	2:45pm- 3:15pm
218393	4-6yrs	6 Classes	\$96	3/3	Su	3:45pm- 4:15pm
218375	4-6yrs	6 Classes	\$96	3/4	M	3:45pm- 4:15pm
218376	4-6yrs	6 Classes	\$96	3/4	M	4:45pm- 5:15pm
218377	4-6yrs	6 Classes	\$96	3/5	Tu	1:00pm- 1:30pm
218378	4-6yrs	6 Classes	\$96	3/5	Tu	4:15pm- 4:45pm
218379	4-6yrs	6 Classes	\$96	3/6	W	4:30pm- 5:00pm
218380	4-6yrs	6 Classes	\$96	3/6	W	5:00pm- 5:30pm
218381	4-6yrs	6 Classes	\$96	3/7	Th	1:30pm- 2:00pm
218382	4-6yrs	6 Classes	\$96	3/7	Th	3:45pm- 4:15pm
218383	4-6yrs	6 Classes	\$96	3/7	Th	4:45pm- 5:15pm

#### Wheaton Ice Arena

222199	4-6yrs	6 Classes	\$96	1/10	Th	5:00pm- 5:30pm
222200	4-6yrs	6 Classes	\$96	1/11	F	5:45pm- 6:15pm
222201	4-6yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
222202	4-6yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
222203	4-6yrs	6 Classes	\$96	1/12	Sa	1:45pm- 2:15pm
222204	4-6yrs	6 Classes	\$96	1/13	Su	11:30am-12:00pm
222205	4-6yrs	6 Classes	\$96	1/13	Su	1:30pm- 2:00pm
222206	4-6yrs	6 Classes	\$96	1/13	Su	4:00pm- 4:30pm
222207	4-6yrs	6 Classes	\$96	3/1	F	5:45pm- 6:15pm
222208	4-6yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
222209	4-6yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
222210	4-6yrs	6 Classes	\$96	3/2	Sa	1:45pm- 2:15pm
222211	4-6yrs	6 Classes	\$96	3/3	Su	11:30am-12:00pm
222212	4-6yrs	6 Classes	\$96	3/3	Su	1:30pm- 2:00pm
222213	4-6yrs	6 Classes	\$96	3/3	Su	4:00pm- 4:30pm
222214	4-6yrs	6 Classes	\$96	3/7	Th	5:00pm- 5:30pm

## Pre-Alpha PLUS, Youth (Level 2)

### Cabin John Ice Rink

218151	6-12yrs	6 Classes	\$96	1/10	Th	3:45pm-4:15pm
218142	6-12yrs	6 Classes	\$96	1/11	F	4:00pm-4:30pm
218143	6-12yrs	6 Classes	\$96	1/11	F	5:30pm-6:00pm
218144	6-12yrs	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218145	6-12yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
218150	6-12yrs	6 Classes	\$96	1/12	Sa	2:30pm-3:00pm
218146	6-12yrs	6 Classes	\$96	1/12	Sa	3:00pm-3:30pm
218147	6-12yrs	6 Classes	\$96	1/13	Su	12:00pm-12:30pm
218148	6-12yrs	6 Classes	\$96	1/13	Su	2:45pm-3:15pm
218139	6-12yrs	6 Classes	\$96	1/14	M	4:15pm-4:45pm
218149	6-12yrs	6 Classes	\$96	1/14	M	5:45pm-6:15pm
218140	6-12yrs	6 Classes	\$96	1/15	Tu	5:30pm-6:00pm
218141	6-12yrs	6 Classes	\$96	1/16	W	5:00pm-5:30pm
218401	6-12yrs	6 Classes	\$96	3/1	F	4:00pm-4:30pm
218402	6-12yrs	6 Classes	\$96	3/1	F	5:30pm-6:00pm
218403	6-12yrs	6 Classes	\$96	3/2	Sa	9:00am-9:30am
218404	6-12yrs	6 Classes	\$96	3/2	Sa	12:45pm-1:15pm
218409	6-12yrs	6 Classes	\$96	3/2	Sa	2:30pm-3:00pm
218411	6-12yrs	6 Classes	\$96	3/2	Sa	3:30pm-4:00pm
218405	6-12yrs	6 Classes	\$96	3/3	Su	12:00pm-12:30pm
218406	6-12yrs	6 Classes	\$96	3/3	Su	1:30pm-2:00pm
218407	6-12yrs	6 Classes	\$96	3/3	Su	2:45pm-3:15pm
218408	6-12yrs	6 Classes	\$96	3/4	M	4:15pm-4:45pm
218410	6-12yrs	6 Classes	\$96	3/4	M	5:45pm-6:15pm
218397	6-12yrs	6 Classes	\$96	3/5	Tu	5:15pm-5:45pm
218398	6-12yrs	6 Classes	\$96	3/6	W	6:00pm-6:30pm
218399	6-12yrs	6 Classes	\$96	3/7	Th	3:45pm-4:15pm
218400	6-12yrs	6 Classes	\$96	3/7	Th	5:15pm-5:45pm

### Wheaton Ice Arena

222215	6-12yrs	6 Classes	\$96	1/10	Th	5:00pm-5:30pm
222216	6-12yrs	6 Classes	\$96	1/11	F	5:45pm-6:15pm
222217	6-12yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
222218	6-12yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
222219	6-12yrs	6 Classes	\$96	1/12	Sa	1:45pm-2:15pm
222220	6-12yrs	6 Classes	\$96	1/13	Su	11:30am-12:00pm
222221	6-12yrs	6 Classes	\$96	1/13	Su	1:30pm-2:00pm
222222	6-12yrs	6 Classes	\$96	1/13	Su	4:00pm-4:30pm
222223	6-12yrs	6 Classes	\$96	3/1	F	5:45pm-6:15pm
222249	6-12yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
222250	6-12yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
222251	6-12yrs	6 Classes	\$96	3/2	Sa	1:45pm-2:15pm
222252	6-12yrs	6 Classes	\$96	3/3	Su	11:30am-12:00pm
222253	6-12yrs	6 Classes	\$96	3/3	Su	1:30pm-2:00pm
222254	6-12yrs	6 Classes	\$96	3/3	Su	4:00pm-4:30pm
222255	6-12yrs	6 Classes	\$96	3/7	Th	5:00pm-5:30pm

## Pre-Alpha PLUS, Teen/Adult (Level 2)

### Cabin John Ice Rink

218154	12 & up	6 Classes	\$96	1/10	Th	7:15pm-7:45pm
218152	12 & up	6 Classes	\$96	1/12	Sa	8:30am-9:00am
218153	12 & up	6 Classes	\$96	1/14	M	12:30pm-1:00pm
218412	12 & up	6 Classes	\$96	3/2	Sa	8:30am-9:00am
218413	12 & up	6 Classes	\$96	3/4	M	12:30pm-1:00pm
218414	12 & up	6 Classes	\$96	3/7	Th	7:15pm-7:45pm

### Wheaton Ice Arena

222256	12 & up	6 Classes	\$96	1/12	Sa	11:15am-11:45am
222257	12 & up	6 Classes	\$96	3/2	Sa	11:15am-11:45am

## Alpha (Level 3)

*Prerequisite: Passed Pre-Alpha Plus (Level 2)*

Learn forward stroking, forward one-foot pumping and edges on the circle, forward crossovers, backward swizzles to two-foot and one-foot glides, and an optional two-foot spin.

## Alpha, Preschool (Level 3)

### Cabin John Ice Rink

218158	4-6yrs	6 Classes	\$96	1/10	Th	4:45pm-5:15pm
218159	4-6yrs	6 Classes	\$96	1/11	F	4:00pm-4:30pm
218160	4-6yrs	6 Classes	\$96	1/11	F	5:00pm-5:30pm
218161	4-6yrs	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218162	4-6yrs	6 Classes	\$96	1/12	Sa	3:30pm-4:00pm
218163	4-6yrs	6 Classes	\$96	1/13	Su	1:30pm-2:00pm
218164	4-6yrs	6 Classes	\$96	1/13	Su	3:15pm-3:45pm
218155	4-6yrs	6 Classes	\$96	1/14	M	4:15pm-4:45pm
218156	4-6yrs	6 Classes	\$96	1/15	Tu	4:30pm-5:00pm
218157	4-6yrs	6 Classes	\$96	1/16	W	5:00pm-5:30pm
218421	4-6yrs	6 Classes	\$96	3/1	F	5:30pm-6:00pm
218422	4-6yrs	6 Classes	\$96	3/2	Sa	9:00am-9:30am
218423	4-6yrs	6 Classes	\$96	3/2	Sa	11:00am-11:30am
218424	4-6yrs	6 Classes	\$96	3/3	Su	1:30pm-2:00pm
218425	4-6yrs	6 Classes	\$96	3/3	Su	2:45pm-3:15pm
218415	4-6yrs	6 Classes	\$96	3/4	M	2:00pm-2:30pm
218416	4-6yrs	6 Classes	\$96	3/4	M	4:45pm-5:15pm
218417	4-6yrs	6 Classes	\$96	3/5	Tu	4:15pm-4:45pm
218418	4-6yrs	6 Classes	\$96	3/6	W	4:30pm-5:00pm
218420	4-6yrs	6 Classes	\$96	3/7	Th	1:30pm-2:00pm
218419	4-6yrs	6 Classes	\$96	3/7	Th	4:15pm-4:45pm

## Alpha, Youth (Level 3)

### Cabin John Ice Rink

218168	6-12yrs	6 Classes	\$96	1/10	Th	4:45pm-5:15pm
218169	6-12yrs	6 Classes	\$96	1/11	F	4:00pm-4:30pm
218170	6-12yrs	6 Classes	\$96	1/11	F	5:30pm-6:00pm
218171	6-12yrs	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218172	6-12yrs	6 Classes	\$96	1/12	Sa	11:00am-11:30am
218173	6-12yrs	6 Classes	\$96	1/12	Sa	12:15pm-12:45pm
218174	6-12yrs	6 Classes	\$96	1/12	Sa	3:00pm-3:30pm
218175	6-12yrs	6 Classes	\$96	1/13	Su	11:30am-12:00pm
218176	6-12yrs	6 Classes	\$96	1/13	Su	1:30pm-2:00pm
218177	6-12yrs	6 Classes	\$96	1/13	Su	3:15pm-3:45pm
218165	6-12yrs	6 Classes	\$96	1/14	M	4:45pm-5:15pm
218178	6-12yrs	6 Classes	\$96	1/14	M	4:15pm-4:45pm
218166	6-12yrs	6 Classes	\$96	1/15	Tu	4:30pm-5:00pm
218167	6-12yrs	6 Classes	\$96	1/16	W	5:00pm-5:30pm
218430	6-12yrs	6 Classes	\$96	3/1	F	4:00pm-4:30pm
218431	6-12yrs	6 Classes	\$96	3/1	F	5:30pm-6:00pm
218432	6-12yrs	6 Classes	\$96	3/2	Sa	9:00am-9:30am
218433	6-12yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
218434	6-12yrs	6 Classes	\$96	3/2	Sa	1:15pm-1:45pm
218435	6-12yrs	6 Classes	\$96	3/2	Sa	4:00pm-4:30pm
218436	6-12yrs	6 Classes	\$96	3/3	Su	1:30pm-2:00pm
218437	6-12yrs	6 Classes	\$96	3/3	Su	2:45pm-3:15pm
218426	6-12yrs	6 Classes	\$96	3/4	M	4:45pm-5:15pm
218427	6-12yrs	6 Classes	\$96	3/5	Tu	4:45pm-5:15pm
218428	6-12yrs	6 Classes	\$96	3/6	W	5:00pm-5:30pm
218429	6-12yrs	6 Classes	\$96	3/7	Th	3:45pm-4:15pm



*Ice Skating*

## Winter Skating Show



**Saturday, January 12**  
**6:15-8:15pm**

Come see Wheaton Ice Arena's skating stars make magic on the ice! Bring the family and friends and cheer on your favorite skater. The show is FREE and open to the public.

**Wheaton Ice Arena**



Ice Skating

## Alpha, Teen/Adult (Level 3)

### Cabin John Ice Rink

218180	12 & up	6 Classes	\$96	1/10	Th	7:45pm- 8:15pm
222899	12 & up	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218179	12 & up	6 Classes	\$96	1/14	M	12:00pm-12:30pm
218438	12 & up	6 Classes	\$96	3/2	Sa	9:00am- 9:30am
218439	12 & up	6 Classes	\$96	3/4	M	12:00pm-12:30pm
218440	12 & up	6 Classes	\$96	3/7	Th	7:45pm- 8:15pm

## Alpha, All Ages (Level 3)

### Wheaton Ice Arena

222299	4 & up	6 Classes	\$96	1/10	Th	6:15pm- 6:45pm
222300	4 & up	6 Classes	\$96	1/11	F	4:45pm- 5:15pm
222301	4 & up	6 Classes	\$96	1/12	Sa	10:45am-11:15am
222302	4 & up	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
222303	4 & up	6 Classes	\$96	1/12	Sa	12:30pm- 1:00pm
222304	4 & up	6 Classes	\$96	1/13	Su	1:30pm- 2:00pm
222305	4 & up	6 Classes	\$96	1/13	Su	2:00pm- 2:30pm
222306	4 & up	6 Classes	\$96	3/1	F	4:45pm- 5:15pm
222307	4 & up	6 Classes	\$96	3/2	Sa	10:45am-11:15am
222308	4 & up	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
222309	4 & up	6 Classes	\$96	3/2	Sa	1:00pm- 1:30pm
222310	4 & up	6 Classes	\$96	3/3	Su	1:30pm- 2:00pm
222311	4 & up	6 Classes	\$96	3/3	Su	2:00pm- 2:30pm
222312	4 & up	6 Classes	\$96	3/7	Th	6:15pm- 6:45pm

## Beta (Level 4) Prerequisite: Passed Alpha (Level 3)

Learn backward stroking, backward one-foot glides, back pumping on the circle, backward crossovers, moving forward to backward two-foot turn, and hockey stops. Review forward crossovers, and begin consecutive forward outside edges on a line.

## Beta, Preschool (Level 4)

### Cabin John Ice Rink

218185	4-6yrs	6 Classes	\$96	1/10	Th	5:15pm- 5:45pm
218183	4-6yrs	6 Classes	\$96	1/11	F	4:00pm- 4:30pm
218184	4-6yrs	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218186	4-6yrs	6 Classes	\$96	1/12	Sa	2:30pm- 3:00pm
218187	4-6yrs	6 Classes	\$96	1/13	Su	12:30pm- 1:00pm
218188	4-6yrs	6 Classes	\$96	1/13	Su	3:45pm- 4:15pm
218181	4-6yrs	6 Classes	\$96	1/15	Tu	5:00pm- 5:30pm
218182	4-6yrs	6 Classes	\$96	1/16	W	6:00pm- 6:30pm
218443	4-6yrs	6 Classes	\$96	3/1	F	4:00pm- 4:30pm
218445	4-6yrs	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218444	4-6yrs	6 Classes	\$96	3/2	Sa	12:15pm-12:45pm
218446	4-6yrs	6 Classes	\$96	3/3	Su	3:15pm- 3:45pm
218441	4-6yrs	6 Classes	\$96	3/4	M	4:15pm- 4:45pm
218442	4-6yrs	6 Classes	\$96	3/6	W	5:30pm- 6:00pm

## Beta, Youth (Level 4)

### Cabin John Ice Rink

218192	6-12yrs	6 Classes	\$96	1/10	Th	4:15pm- 4:45pm
218193	6-12yrs	6 Classes	\$96	1/11	F	4:00pm- 4:30pm
218194	6-12yrs	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218195	6-12yrs	6 Classes	\$96	1/12	Sa	12:15pm-12:45pm
218196	6-12yrs	6 Classes	\$96	1/12	Sa	2:30pm- 3:00pm
218197	6-12yrs	6 Classes	\$96	1/13	Su	12:30pm- 1:00pm
218198	6-12yrs	6 Classes	\$96	1/13	Su	3:45pm- 4:15pm
218190	6-12yrs	6 Classes	\$96	1/14	M	5:15pm- 5:45pm
218191	6-12yrs	6 Classes	\$96	1/16	W	6:00pm- 6:30pm
218451	6-12yrs	6 Classes	\$96	3/1	F	4:00pm- 4:30pm
218452	6-12yrs	6 Classes	\$96	3/2	Sa	9:30am-10:00am

## Beta, Youth Cabin John Ice Rink (cont.)

218453	6-12yrs	6 Classes	\$96	3/2	Sa	11:00am-11:30am
218454	6-12yrs	6 Classes	\$96	3/2	Sa	12:15pm-12:45pm
218455	6-12yrs	6 Classes	\$96	3/3	Su	11:30am-12:00pm
218456	6-12yrs	6 Classes	\$96	3/3	Su	3:15pm- 3:45pm
218448	6-12yrs	6 Classes	\$96	3/4	M	5:15pm- 5:45pm
218449	6-12yrs	6 Classes	\$96	3/5	Tu	4:45pm- 5:15pm
218450	6-12yrs	6 Classes	\$96	3/6	W	5:30pm- 6:00pm

## Beta, Teen/Adult (Level 4)

### Cabin John Ice Rink

218203	12 & up	6 Classes	\$96	1/10	Th	7:45pm- 8:15pm
218201	12 & up	6 Classes	\$96	1/12	Sa	9:00am- 9:30am
218202	12 & up	6 Classes	\$96	1/14	M	12:00pm-12:30pm
218459	12 & up	6 Classes	\$96	3/2	Sa	9:00am- 9:30am
218460	12 & up	6 Classes	\$96	3/4	M	12:00pm-12:30pm
218461	12 & up	6 Classes	\$96	3/7	Th	7:45pm- 8:15pm

## Beta, All Ages (Level 4)

### Wheaton Ice Arena

222315	4 & up	6 Classes	\$96	1/10	Th	6:15pm- 6:45pm
222316	4 & up	6 Classes	\$96	1/12	Sa	10:45am-11:15am
222317	4 & up	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
222318	4 & up	6 Classes	\$96	3/2	Sa	10:45am-11:15am
222319	4 & up	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm
222320	4 & up	6 Classes	\$96	3/7	Th	6:15pm- 6:45pm

## Gamma (Level 5)

Prerequisite: Passed Beta (Level 4)

Complete forward outside edges on the line, forward outside 3-turns, backward outside and inside edges on the circle, and backward stopping. Skills for figure skaters: two-foot to one-foot spin, side toe-hop, and forward inside pivots.

## Gamma, All Ages (Level 5)

### Cabin John Ice Rink

218205	4 & up	6 Classes	\$96	1/10	Th	5:15pm- 5:45pm
218206	4 & up	6 Classes	\$96	1/11	F	4:30pm- 5:00pm
218212	4 & up	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218208	4 & up	6 Classes	\$96	1/12	Sa	12:45pm- 1:15pm
218207	4 & up	6 Classes	\$96	1/12	Sa	4:00pm- 4:30pm
218209	4 & up	6 Classes	\$96	1/13	Su	1:30pm- 2:00pm
218210	4 & up	6 Classes	\$96	1/14	M	5:45pm- 6:15pm
218211	4 & up	6 Classes	\$96	1/15	Tu	4:30pm- 5:00pm
218204	4 & up	6 Classes	\$96	1/16	W	5:30pm- 6:00pm
218463	4 & up	6 Classes	\$96	3/1	F	4:30pm- 5:00pm
218464	4 & up	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218465	4 & up	6 Classes	\$96	3/2	Sa	3:00pm- 3:30pm
218466	4 & up	6 Classes	\$96	3/3	Su	12:30pm- 1:00pm
218467	4 & up	6 Classes	\$96	3/4	M	5:45pm- 6:15pm
218468	4 & up	6 Classes	\$96	3/5	Tu	5:15pm- 5:45pm
218462	4 & up	6 Classes	\$96	3/6	W	6:00pm- 6:30pm

### Wheaton Ice Arena

222321	4 & up	6 Classes	\$96	1/10	Th	6:45pm- 7:15pm
222322	4 & up	6 Classes	\$96	1/12	Sa	10:15am-10:45am
222323	4 & up	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
222324	4 & up	6 Classes	\$96	3/2	Sa	10:15am-10:45am
222325	4 & up	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm
222326	4 & up	6 Classes	\$96	3/7	Th	6:45pm- 7:15pm

FRIENDSHIP  
SKATE

Celebrate National  
Skating Month!  
Skate two-for-one  
with a friend...  
just \$6.50 for  
the both of you  
(2 admissions and  
2 skate rentals).

FRIDAY,  
JANUARY 25

CABIN JOHN ICE  
4:30-6PM

WHEATON ICE  
4:45-6:15PM  
& 8:15-10:15PM

**Gamma Teen/Adult** (Level 5)**Cabin John Ice**

218214	12 & up	6 Classes	\$96	1/10	Th	8:15pm- 8:45pm
218213	12 & up	6 Classes	\$96	1/14	M	11:30am-12:00pm
218469	12 & up	6 Classes	\$96	3/4	M	11:30am-12:00pm
218470	12 & up	6 Classes	\$96	3/7	Th	8:15pm- 8:45pm

**Delta** (Level 6)*Prerequisite: Passed Gamma (Level 5)*

Learn backward to forward two-foot turns, forward inside three-turns, forward inside edges on the line, T-stops and lunges; review forward and backward crossovers. Skills for figure skaters: bunny-hops, spiral, shoot the duck or lunge, and ballet jump.

**Delta, All Ages** (Level 6)**Cabin John Ice Rink**

218215	4 & up	6 Classes	\$96	1/11	F	4:30pm- 5:00pm
218219	4 & up	6 Classes	\$96	1/12	Sa	9:30am-10:00am
218216	4 & up	6 Classes	\$96	1/12	Sa	2:00pm- 2:30pm
218217	4 & up	6 Classes	\$96	1/13	Su	4:15pm- 4:45pm
218218	4 & up	6 Classes	\$96	1/14	M	5:45pm- 6:15pm
218473	4 & up	6 Classes	\$96	3/1	F	4:30pm- 5:00pm
218474	4 & up	6 Classes	\$96	3/2	Sa	9:30am-10:00am
218475	4 & up	6 Classes	\$96	3/2	Sa	4:00pm- 4:30pm
218476	4 & up	6 Classes	\$96	3/3	Su	2:15pm- 2:45pm
218477	4 & up	6 Classes	\$96	3/4	M	5:45pm- 6:15pm
218471	4 & up	6 Classes	\$96	3/6	W	5:30pm- 6:00pm
218472	4 & up	6 Classes	\$96	3/7	Th	5:15pm- 5:45pm

**Wheaton Ice Arena**

222327	4 & up	6 Classes	\$96	1/10	Th	6:45pm- 7:15pm
222328	4 & up	6 Classes	\$96	1/12	Sa	11:15am-11:45am
222329	4 & up	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
222349	4 & up	6 Classes	\$96	3/2	Sa	11:15am-11:45am
222350	4 & up	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm
222351	4 & up	6 Classes	\$96	3/7	Th	6:45pm- 7:15pm

**Delta Teen/Adult** (Level 6)**Cabin John Ice Rink**

218221	12 & up	6 Classes	\$96	1/10	Th	8:15pm- 8:45pm
218220	12 & up	6 Classes	\$96	1/14	M	11:30am-12:00pm
218479	12 & up	6 Classes	\$96	3/4	M	11:30am-12:00pm
218478	12 & up	6 Classes	\$96	3/7	Th	8:15pm- 8:45pm

**Freestyle****Introduction to Freestyle***Prerequisite: Passed Delta (Level 6)*

This course bridges the gap between basic group lesson skills and Freestyle skating. We'll cover advanced forward stroking, backward outside edges on the line, mohawks, one-foot spins with crossed-leg position, moving forward outside and inside three-turns, mazurka, landing positions, waltz jumps, and freestyle etiquette. We'll place special emphasis on edges, and the flow between elements.

**Cabin John Ice Rink**

218222	5 & up	6 Classes	\$144	1/12	Sa	11:00am-11:45am
218223	5 & up	6 Classes	\$144	1/14	M	6:30pm- 7:15pm
218224	5 & up	6 Classes	\$96	1/15	Tu	8:15pm- 8:45pm
218480	5 & up	6 Classes	\$144	3/2	Sa	11:00am-11:45am
218481	5 & up	6 Classes	\$144	3/4	M	6:30pm- 7:15pm
218482	5 & up	6 Classes	\$96	3/5	Tu	8:15pm- 8:45pm

**Introduction to Freestyle** (cont.)**Wheaton Ice Arena**

222352	5 & up	6 Classes	\$96	1/10	Th	6:15pm- 6:45pm
222353	5 & up	6 Classes	\$96	1/12	Sa	11:15am-11:45am
222354	5 & up	6 Classes	\$96	1/13	Su	1:30pm- 2:00pm
222355	5 & up	6 Classes	\$96	3/2	Sa	11:15am-11:45am
222356	5 & up	6 Classes	\$96	3/3	Su	1:30pm- 2:00pm
222357	5 & up	6 Classes	\$96	3/7	Th	6:15pm- 6:45pm

**Freestyle 1** *Prerequisite: Passed Intro to Freestyle*

We'll cover a 10-step mohawk sequence, forward and backward crossover patterns in a figure 8, backward inside edges on a line, intro to a backward outside three-turn, advanced forward one-foot (scratch) spin, half-flip, and waltz jump from backward crossovers.

**Cabin John Ice Rink**

218227	5 & up	6 Classes	\$144	1/12	Sa	10:15am-11:00am
218225	5 & up	6 Classes	\$144	1/14	M	7:15pm- 8:00pm
218226	5 & up	6 Classes	\$144	1/16	W	6:45pm- 7:30pm
218484	5 & up	6 Classes	\$144	3/2	Sa	10:15am-11:00am
218485	5 & up	6 Classes	\$144	3/2	Sa	11:00am-11:45am
218483	5 & up	6 Classes	\$144	3/6	W	6:45pm- 7:30pm

**Wheaton Ice Arena**

222358	5 & up	6 Classes	\$96	1/10	Th	6:15pm- 6:45pm
222359	5 & up	6 Classes	\$96	1/13	Su	2:00pm- 2:30pm
222360	5 & up	6 Classes	\$96	3/3	Su	2:00pm- 2:30pm
222361	5 & up	6 Classes	\$96	3/7	Th	6:15pm- 6:45pm

**Freestyle 2** *Prerequisite: Passed Freestyle 1*

Learn forward spirals from outside and inside edges, waltz-jump combination sequence, toe-loop, half-lutz, beginning back spin, and backward outside three-turn. Ice dancing skills will also be covered.

**Cabin John Ice Rink**

218230	5 & up	6 Classes	\$144	1/12	Sa	11:00am-11:45am
218229	5 & up	6 Classes	\$144	1/14	M	8:00pm- 8:45pm
218488	5 & up	6 Classes	\$144	3/2	Sa	10:15am-11:00am
218489	5 & up	6 Classes	\$144	3/2	Sa	11:00am-11:45am
218487	5 & up	6 Classes	\$144	3/4	M	8:00pm- 8:45pm

**Wheaton Ice Arena**

222399	5 & up	6 Classes	\$96	1/10	Th	6:15pm- 6:45pm
222400	5 & up	6 Classes	\$96	3/7	Th	6:15pm- 6:45pm

**Freestyle 3** *Prerequisite: Passed Freestyle 2*

Learn the waltz eight, backward inside three-turns, a salchow, a new waltz jump combination sequence, forward swing rolls, and master the back spin.

**Cabin John Ice Rink**

218231	5 & up	6 Classes	\$144	1/12	Sa	10:15am-11:00am
218232	5 & up	6 Classes	\$144	1/14	M	8:45pm- 9:30pm
218490	5 & up	6 Classes	\$144	3/2	Sa	10:15am-11:00am
218491	5 & up	6 Classes	\$144	3/4	M	7:15pm- 8:00pm

**Wheaton Ice Arena**

222449	5 & up	6 Classes	\$96	1/10	Th	7:15pm- 7:45pm
222450	5 & up	6 Classes	\$96	3/7	Th	7:15pm- 7:45pm



Ice Skating

**Sweetheart Skate**

Bring your sweetheart to the rink and skate together for just **\$6.50** (admission and skates for two).

**WHEATON ICE**  
**FRIDAY,**  
**FEBRUARY 8**  
**8:15-10:15PM**

**CABIN JOHN**  
**FRIDAY,**  
**FEBRUARY 15**  
**8-10PM**



## Ice Skating

### Freestyle 4 *Prerequisite: Passed Freestyle 3*

Learn forward power three-turns, backward progressive chasse sequence, loop jump, sit spin, and backward spirals (both feet, both edges).

#### Cabin John Ice Rink

218233	5 & up	6 Classes	\$144	1/12	Sa	11:00am-11:45am
218234	5 & up	6 Classes	\$144	1/14	M	8:45pm-9:30pm
218493	5 & up	6 Classes	\$144	3/2	Sa	11:00am-11:45am
218492	5 & up	6 Classes	\$144	3/4	M	7:15pm-8:00pm

#### Wheaton Ice Arena

222451	5 & up	6 Classes	\$96	1/10	Th	7:15pm-7:45pm
222452	5 & up	6 Classes	\$96	3/7	Th	7:15pm-7:45pm

### Freestyle 5 *Prerequisite: Passed Freestyle 4*

Learn the backward mohawk sequence, a spiral sequence, waltz, loop jump combination, flip jump, camel spin, and forward to backward spin.

#### Cabin John Ice Rink

218235	5 & up	6 Classes	\$144	1/12	Sa	11:00am-11:45am
218494	5 & up	6 Classes	\$144	3/2	Sa	11:00am-11:45am
218495	5 & up	6 Classes	\$144	3/4	M	8:45pm-9:30pm

#### Wheaton Ice Arena

222453	5 & up	6 Classes	\$96	1/10	Th	7:15pm-7:45pm
222454	5 & up	6 Classes	\$96	3/7	Th	7:15pm-7:45pm

### Freestyle 6 *Prerequisite: Passed Freestyle 5*

Learn alternating back crossovers to back outside extension, five-step mohawk sequence, loop-loop-jump combo, lutz, axel walk-through and preparation, split jump/stag jump/falling leaf, and camel-sit spin combo.

#### Cabin John Ice Rink

218237	5 & up	6 Classes	\$144	1/12	Sa	11:00am-11:45am
218497	5 & up	6 Classes	\$144	3/2	Sa	11:00am-11:45am

#### Wheaton Ice Arena

222455	5 & up	6 Classes	\$96	1/10	Th	7:15pm-7:45pm
222456	5 & up	6 Classes	\$96	3/7	Th	7:15pm-7:45pm

## Specialty Offerings

### Moves/Edges

*Prerequisite: Passed Delta (Level 5) or higher*  
In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and USFS Moves in the Field patterns.

- **All Levels** *Prerequisite: Passed Delta or higher*  
Skaters will be grouped by skill level when class begins.

#### Cabin John Ice Rink

218256	5 & up	6 Classes	\$144	1/12	Sa	10:15am-11:00am
218517	5 & up	6 Classes	\$144	3/2	Sa	10:15am-11:00am

#### Wheaton Ice Arena

222500	5 & up	6 Classes	\$96	1/10	Th	6:45pm-7:15pm
222503	5 & up	6 Classes	\$96	3/7	Th	6:45pm-7:15pm



### Moves/Edges (cont.)

- **Beginner** *Prerequisite: Passed Delta*

#### Cabin John Ice Rink

218253	8 & up	6 Classes	\$144	1/10	Th	9:15am-10:00am
218257	8 & up	6 Classes	\$144	1/16	W	7:30pm-8:15pm
218516	8 & up	6 Classes	\$144	3/6	W	7:30pm-8:15pm
218515	8 & up	6 Classes	\$144	3/7	Th	9:15am-10:00am

- **Advanced** *Prerequisite: Passed Intro to Freestyle or the USFS Pre-Preliminary Moves test*

#### Cabin John Ice Rink

218254	8 & up	6 Classes	\$144	1/10	Th	10:00am-10:45am
218514	8 & up	6 Classes	\$144	3/7	Th	10:00am-10:45am

- **Advanced Adult** *Prerequisite: Passed Intro to Freestyle or the USFS Pre-Preliminary Moves test*

#### Wheaton Ice Arena

222501	18 & up	6 Classes	\$96	1/10	Th	6:45pm-7:15pm
222504	18 & up	6 Classes	\$96	3/7	Th	6:45pm-7:15pm

### Just Scratch Spins

*Prerequisite: Passed Introduction to Freestyle*

Having trouble with the scratch spin? This course will help you master it! We recommend taking it along with your current Freestyle class.

#### Cabin John Ice Rink

218228	5 & up	6 Classes	\$144	1/12	Sa	10:15am-11:00am
218486	5 & up	6 Classes	\$144	3/2	Sa	10:15am-11:00am

### Just Axels

*Prerequisite: Passed Freestyle 5 or instructor's permission*

The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

#### Cabin John Ice Rink

218238	5 & up	6 Classes	\$144	1/12	Sa	10:15am-11:00am
218498	5 & up	6 Classes	\$144	3/2	Sa	10:15am-11:00am

### Off-Ice Conditioning for Skaters\*

Throughout the year, we'll offer a variety of different off-ice classes to help you improve your skating, overall health and well-being. You'll receive professional instruction in a fun, encouraging atmosphere.

- **Balance, Core & Stability**

Strength matters in skating! Our instructors will demonstrate and lead you through single joint, multi-joint, and power exercises. You'll strengthen your core muscles, which will improve your balance and overall performance on the ice. Please wear tennis shoes and skating or workout clothes, and something to keep your hair off your face and neck.

#### Cabin John Ice Rink

218262	8 & up	6 Classes	\$84	1/12	Sa	9:15am-10:00am
218264	8 & up	6 Classes	\$84	1/14	M	6:30pm-7:15pm
218525	8 & up	6 Classes	\$84	3/2	Sa	9:15am-10:00am
218527	8 & up	6 Classes	\$84	3/4	M	6:30pm-7:15pm

\*Ask at the rink or visit [www.CabinJohnIce.com](http://www.CabinJohnIce.com) for more great off-ice classes for skaters that may be offered, including **Agility & Power**, **Flexibility for Skaters**, and **Core Strength & Stability**.



"WheatonIce"

"Like" us on Facebook!



Visit  
"Wheaton Ice Arena"  
and/or  
"Cabin John Ice Rink"

*You're invited to compete in the very first*

# Cabin John Ice INVITATIONAL

**Saturday, March 23 • 9am - 4pm**

Have you ever skated in a competition? Here's your chance to compete in a low-pressure, supportive environment and get your first competition under your belt! If you participate in any group skating class at either Cabin John Ice Rink or Wheaton Ice Arena in the Fall 2012 or Winter 2013 sessions, you're eligible to compete in the inaugural Cabin John Ice Invitational.

## Competition categories include...

- Compulsory Skills events for levels Tot 1 through Freestyle 7
- Freestyle program events (for all Freestyle levels)
- Jumps & Spins Maneuver Team Events for Freestyle Skaters

### Entry Fee

**\$20-\$30**

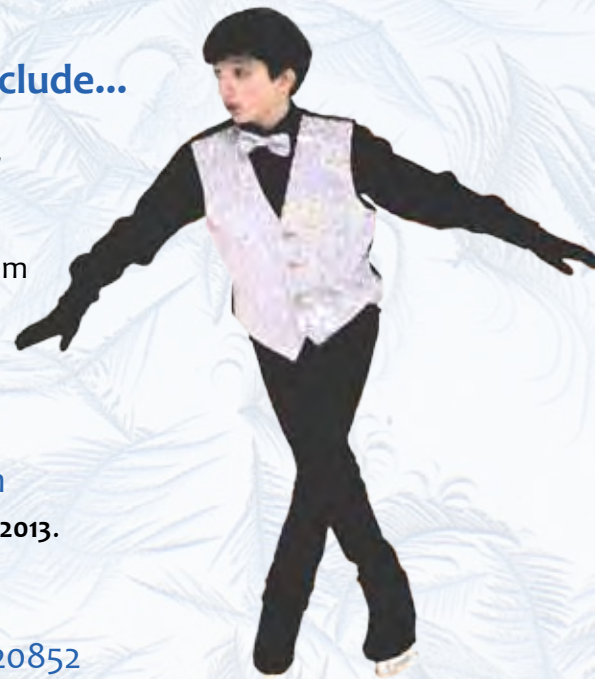
depending  
on category

See complete information on the competition and download an entry form beginning December 17 at ...

[www.CabinJohnIce.com](http://www.CabinJohnIce.com) or [www.WheatonIceArena.com](http://www.WheatonIceArena.com)

Completed competition entry forms must be received by **February 28, 2013**. Late entries will not be accepted. Entry forms must be dropped off at Cabin John Ice Rink or mailed to:

**Cabin John Ice Rink | 10610 Westlake Dr. | Rockville, MD 20852**



## CUSTOM SKATING CLASSES

Let us create one especially for your group!

Nothing feels quite like something that's tailor-made especially for you. Let us create a custom ice skating class for your:

- Homeschool students • Classmates • Scouts
- Church groups • Friends • Family members

Flexible days/times (especially 9am-3pm M-F). Call the Skating Director at either rink, and we'll create a class that will fit you to a "t"!

Mindy Shiben  
Cabin John Ice  
301-765-8627



Samantha Hickey  
Wheaton Ice Arena  
301-905-3004





## Parent & Tot Hockey

**Prerequisite:** Passed Tot 1 or 2

What's more fun than learning to pass the puck to Mom or Dad? This course is a great introduction to hockey for parents and their children, ages 3-5. We'll cover basic skating and stick handling skills. *Please register the child only; fee covers one child and one parent. **Required equipment:** Caged hockey helmet; elbow pads; hockey gloves; shin guards; flat stick cut to skater's height. Rental skates are included in fee.*

### Cabin John Ice Rink

218004	3-5yrs	6 Classes	\$96	1/12	Sa	8:30am-9:00am
218005	3-5yrs	6 Classes	\$96	1/12	Sa	9:15am-9:45am
218006	3-5yrs	6 Classes	\$96	1/13	Su	4:15pm-4:45pm
218269	3-5yrs	6 Classes	\$96	3/2	Sa	8:30am-9:00am
218270	3-5yrs	6 Classes	\$96	3/2	Sa	9:15am-9:45am
218271	3-5yrs	6 Classes	\$96	3/3	Su	4:15pm-4:45pm

### Wheaton Ice Arena

218861	3-5yrs	6 Classes	\$96	1/12	Sa	10:45am-11:15am
218862	3-5yrs	6 Classes	\$96	3/2	Sa	10:45am-11:15am

## Pre-Alpha for Hockey

Learn to skate in *hockey* skates! In this beginning ice skating class designed specifically for people who want to play hockey, you'll learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward—all in hockey skates.

**Required equipment:** Helmet (bicycle helmets okay); rental hockey skates are included in fee.

### Wheaton Ice Arena

220050	4-6yrs	6 Classes	\$96	1/12	Sa	11:15am-11:45am
220052	4-6yrs	6 Classes	\$96	1/12	Sa	12:30pm-1:00pm
220054	4-6yrs	6 Classes	\$96	1/13	Su	12:00pm-12:30pm
220056	4-6yrs	6 Classes	\$96	1/13	Su	2:00pm-2:30pm
220058	4-6yrs	6 Classes	\$96	3/2	Sa	11:15am-11:45am
220060	4-6yrs	6 Classes	\$96	3/2	Sa	12:30pm-1:00pm
220062	4-6yrs	6 Classes	\$96	3/3	Su	12:00pm-12:30pm
220066	4-6yrs	6 Classes	\$96	3/3	Su	2:00pm-2:30pm
220051	6-12yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
220053	6-12yrs	6 Classes	\$96	1/12	Sa	1:00pm-1:30pm
220055	6-12yrs	6 Classes	\$96	1/13	Su	1:30pm-2:00pm
220057	6-12yrs	6 Classes	\$96	1/13	Su	2:45pm-3:15pm
220059	6-12yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
220061	6-12yrs	6 Classes	\$96	3/2	Sa	1:00pm-1:30pm
220064	6-12yrs	6 Classes	\$96	3/3	Su	1:30pm-2:00pm
220068	6-12yrs	6 Classes	\$96	3/3	Su	2:45pm-3:15pm
220049	4 & up	6 Classes	\$96	1/10	Th	5:30pm-6:00pm
220069	4 & up	6 Classes	\$96	3/7	Th	5:30pm-6:00pm

## Mitey Mites Hockey 1

**Prerequisite:** Passed Pre-Alpha or Tot 3 in hockey skates

Learn how to hold a stick correctly, stand in place and hop, forward skate using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly.

**Required equipment:** Caged hockey helmet; elbow pads; hockey gloves; shin guards; flat stick cut to skater's height. Rental hockey skates are included in fee.

### Cabin John Ice Rink

218018	4-8yrs	6 Classes	\$96	1/10	Th	3:15pm-3:45pm
218019	4-8yrs	6 Classes	\$96	1/11	F	4:30pm-5:00pm

## Mitey Mites Hockey 1 *Cabin John Ice (cont.)*

218021	4-8yrs	6 Classes	\$96	1/12	Sa	9:15am-9:45am
218020	4-8yrs	6 Classes	\$96	1/12	Sa	10:00am-10:30am
218017	4-8yrs	6 Classes	\$96	1/15	Tu	5:00pm-5:30pm
218281	4-8yrs	6 Classes	\$96	3/1	F	3:00pm-3:30pm
218286	4-8yrs	6 Classes	\$96	3/1	F	4:30pm-5:00pm
218285	4-8yrs	6 Classes	\$96	3/2	Sa	9:15am-9:45am
218282	4-8yrs	6 Classes	\$96	3/2	Sa	10:00am-10:30am
218283	4-8yrs	6 Classes	\$96	3/5	Tu	3:45pm-4:15pm
218280	4-8yrs	6 Classes	\$96	3/5	Tu	4:45pm-5:15pm
218284	4-8yrs	6 Classes	\$96	3/7	Th	5:15pm-5:45pm

## Mitey Mites Hockey 2 *Prerequisite: Passed*

*Pre-Alpha Plus in hockey skates, or Mighty Mites 1*

Learn one-foot strides, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles, and an intro to forward C-cuts.

**Required equipment:** Same as Mitey Mites 1

### Cabin John Ice Rink

218040	4-8yrs	6 Classes	\$144	1/10	Th	5:45pm-6:30pm
218037	4-8yrs	6 Classes	\$144	1/11	F	6:00pm-6:45pm
218041	4-8yrs	6 Classes	\$144	1/12	Sa	8:30am-9:15am
218038	4-8yrs	6 Classes	\$96	1/12	Sa	10:00am-10:30am
218039	4-8yrs	6 Classes	\$144	1/15	Tu	5:30pm-6:15pm
218299	4-8yrs	6 Classes	\$144	3/1	F	6:00pm-6:45pm
218303	4-8yrs	6 Classes	\$144	3/2	Sa	8:30am-9:15am
218300	4-8yrs	6 Classes	\$96	3/2	Sa	10:00am-10:30am
218301	4-8yrs	6 Classes	\$144	3/5	Tu	5:15pm-6:00pm
218302	4-8yrs	6 Classes	\$144	3/7	Th	5:45pm-6:30pm

## Mitey Mites Hockey 3 *Prerequisite: Passed MM2*

We'll cover back swizzles with two-foot glide, forward C-cut and forward crossovers; and introduce forward power turns, hockey stops, backward C-cuts, and backward skating. **Required equipment:** Same as Mitey Mites 1 & 2. **Recommended:** Cup, and hockey pants.

### Cabin John Ice Rink

218049	4-8yrs	6 Classes	\$144	1/10	Th	5:45pm-6:30pm
218050	4-8yrs	6 Classes	\$144	1/11	F	6:00pm-6:45pm
218051	4-8yrs	6 Classes	\$144	1/12	Sa	7:45am-8:30am
218052	4-8yrs	6 Classes	\$144	1/15	Tu	6:00pm-6:45pm
218317	4-8yrs	6 Classes	\$144	3/1	F	6:00pm-6:45pm
218318	4-8yrs	6 Classes	\$144	3/2	Sa	7:45am-8:30am
218315	4-8yrs	6 Classes	\$144	3/5	Tu	6:45pm-7:30pm
218316	4-8yrs	6 Classes	\$144	3/7	Th	5:45pm-6:30pm

## Mitey Mites Hockey 4 *Prerequisite: Passed MM3*

We'll cover forward crossovers in a figure-8 pattern, back C-cuts, back crossovers on a circle, hockey stop, and back V-stop. **Required equipment:** Caged hockey helmet; shoulder and elbow pads; hockey gloves and pants; cup; shin guards; curved stick cut to skater's height. Rental hockey skates are included in fee.

### Cabin John Ice Rink

218058	4-8yrs	6 Classes	\$144	1/11	F	3:45pm-4:30pm
218059	4-8yrs	6 Classes	\$144	1/12	Sa	7:45am-8:30am
218060	4-8yrs	6 Classes	\$144	1/15	Tu	6:00pm-6:45pm
218323	4-8yrs	6 Classes	\$144	3/2	Sa	7:45am-8:30am
218324	4-8yrs	6 Classes	\$144	3/5	Tu	6:00pm-6:45pm



Get a FREE Washington Capitals jersey when you sign up for Hockey 1 at Wheaton!

See p. 137 for details...

**Mitey Mites Hockey 5** *Prerequisite: Passed MM4*

We'll cover forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-8 pattern and on a circle, forward edges, two-foot turns, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. **Required equipment:** Full gear (same as Mitey Mites 4). Rental hockey skates included in fee.

**Cabin John Ice Rink**

218061	4-8yrs	6 Classes	\$144	1/12	Sa	7:45am- 8:30am
218062	4-8yrs	6 Classes	\$144	1/15	Tu	6:45pm- 7:30pm
218325	4-8yrs	6 Classes	\$144	3/2	Sa	7:45am- 8:30am
218326	4-8yrs	6 Classes	\$144	3/5	Tu	6:00pm- 6:45pm

**Hockey 1**

*Prerequisite: Passed Pre-Alpha (Level 1) in hockey skates*  
Learn forward stroking, a one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glide, walking crossovers, snowplow stop, backward swizzles, forward C-cuts, and a one-foot stride on a circle.

**Required equipment:** Caged hockey helmet; elbow pads; hockey gloves; shin guards; flat stick cut to skater's height. Rental hockey skates included in fee. **Recommended:** Cup.

**Cabin John Ice Rink**

218063	9-13yrs	6 Classes	\$144	1/12	Sa	8:30am- 9:15am
218327	9-13yrs	6 Classes	\$144	3/2	Sa	8:30am- 9:15am
218328	9-13yrs	6 Classes	\$96	3/2	Sa	9:15am- 9:45am

**Wheaton Ice Arena**

Get a **FREE Washington Capitals jersey** when you sign up for Hockey 1 at Wheaton Ice Arena! Plus, see the **blue box at left** for information on how to register to use hockey equipment free of charge for your Hockey 1 course at Wheaton Ice Arena.

220071	4-6yrs	6 Classes	\$96	1/12	Sa	10:15am-10:45am
220076	4-6yrs	6 Classes	\$96	3/2	Sa	10:15am-10:45am
220072	6-12yrs	6 Classes	\$96	1/12	Sa	11:45am-12:15pm
220077	6-12yrs	6 Classes	\$96	3/2	Sa	11:45am-12:15pm
220074	4 & up	6 Classes	\$96	1/13	Su	1:00pm- 1:30pm
220078	4 & up	6 Classes	\$96	3/3	Su	1:00pm- 1:30pm

**Hockey 2** *Prerequisite: Passed Hockey 1*

Learn forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stops and back swizzles with a two-foot glide. We'll also introduce back C-cuts, forward crossovers on a figure eight, and forward edges.

**Required equipment:** Same as Hockey 1, plus cup. Rental hockey skates included in fee.

**Cabin John Ice Rink**

218094	9-13yrs	6 Classes	\$144	1/12	Sa	8:30am- 9:15am
218353	9-13yrs	6 Classes	\$144	3/2	Sa	8:30am- 9:15am
218354	9-13yrs	6 Classes	\$96	3/2	Sa	10:00am-10:30am

**Wheaton Ice Arena**

See the **blue box at left** for information on how to register to use hockey equipment **free of charge** for your Hockey 2 course at Wheaton Ice...

220399	4 & up	6 Classes	\$96	1/13	Su	2:00pm- 2:30pm
220400	4 & up	6 Classes	\$96	3/3	Su	2:00pm- 2:30pm

**Hockey 3** *Prerequisite: Passed Hockey 2*

*Prerequisite: Passed Alpha or above in hockey skates*  
We'll cover back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turns and backward one-foot glides.

**Full gear required:** Caged helmet; shoulder pads; elbow pads; hockey gloves and pants; cup; shin guards; curved stick cut to skater's height. Rental hockey skates included in fee.

**Cabin John Ice Rink**

218116	9-13yrs	6 Classes	\$144	1/12	Sa	7:45am- 8:30am
218370	9-13yrs	6 Classes	\$144	3/2	Sa	7:45am- 8:30am

**Wheaton Ice Arena**

220749	4 & up	6 Classes	\$96	1/13	Su	1:30pm- 2:00pm
220750	4 & up	6 Classes	\$96	3/3	Su	1:30pm- 2:00pm

**FREE Hockey Equipment Rentals at Wheaton Ice!**

Thanks to the Washington Capitals, Wheaton Ice Arena has a supply of hockey equipment available to our students for use **at no cost** during Wheaton's 6-week **Hockey 1** or **Hockey 2** classes.

Equipment fits kids age 4-6 or 6-8, and includes shoulder and elbow pads, hockey pants and gloves, shin guards and adjustable helmet. Please contact the rink to confirm correct sizing. You'll return all equipment after each class, and pick it up again before your next class. Supplies are limited, so use the ParkPASS numbers below to register for equipment *after* you register for Hockey 1 or 2 at Wheaton Ice.

**• Ice Hockey Equipment Rental: Small**

*Wheaton Ice Arena only; fits kids age 4-6*

220699	4-6yrs	6 Classes	Free	1/12	Sa	10:15am-10:45am
220701	4-6yrs	6 Classes	Free	1/12	Sa	11:45am-12:15pm
220703	4-6yrs	6 Classes	Free	1/13	Su	1:00pm- 1:30pm
220705	4-6yrs	6 Classes	Free	1/13	Su	2:00pm- 2:30pm
220707	4-6yrs	6 Classes	Free	3/2	Sa	10:15am-10:45am
220709	4-6yrs	6 Classes	Free	3/2	Sa	11:45am-12:15pm
220711	4-6yrs	6 Classes	Free	3/3	Su	1:00pm- 1:30pm
220716	4-6yrs	6 Classes	Free	3/3	Su	2:00pm- 2:30pm

**• Ice Hockey Equipment Rental: Large**

*Wheaton Ice Arena only; fits kids age 6-8*

220700	6-8yrs	6 Classes	Free	1/12	Sa	10:15am-10:45am
220702	6-8yrs	6 Classes	Free	1/12	Sa	11:45am-12:15pm
220704	6-8yrs	6 Classes	Free	1/13	Su	1:00pm- 1:30pm
220706	6-8yrs	6 Classes	Free	1/13	Su	2:00pm- 2:30pm
220708	6-8yrs	6 Classes	Free	3/2	Sa	10:15am-10:45am
220710	6-8yrs	6 Classes	Free	3/2	Sa	11:45am-12:15pm
220712	6-8yrs	6 Classes	Free	3/3	Su	1:00pm- 1:30pm
220717	6-8yrs	6 Classes	Free	3/3	Su	2:00pm- 2:30pm





# ICE HOCKEY



## Hockey: Teen/Adult

**Prerequisite:** Passed Pre-Alpha Plus in hockey skates  
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing.

**\*Full gear required.** Rental hockey skates included in fee.

### Cabin John Ice Rink

218120 11 & up 6 Classes \$144 1/10 Th 8:45pm-9:30pm

218374 11 & up 6 Classes \$144 3/7 Th 8:45pm-9:30pm

### Wheaton Ice Arena

220753 11 & up 6 Classes \$96 1/12 Sa 11:15am-11:45am

220754 11 & up 6 Classes \$96 3/2 Sa 11:15am-11:45am

## Power Skating for Hockey

**Prerequisite:** Passed Alpha (Level 3) or Mitey Mites 2 or Hockey 2  
Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power, and technique. **\*Full gear required.**  
Rental hockey skates included in fee.

### Cabin John Ice Rink 15-Minute Power Drills

218189 4 & up 6 Classes \$48 1/10 Th 6:30pm-6:45pm

218447 4 & up 6 Classes \$48 3/7 Th 6:30pm-6:45pm

### Wheaton Ice Arena

222313 4 & up 6 Classes \$96 1/13 Su 1:00pm-1:30pm

222314 4 & up 6 Classes \$96 3/3 Su 1:00pm-1:30pm

## Introduction to Goaltending

**Prerequisite:** Passed Mitey Mites 2 or Hockey 2  
Interested in becoming a goalie? This introductory level course will teach you the basic skills.

**\*Full gear required.** Rental hockey skates included in fee.

### Cabin John Ice Rink

218199 4 & up 6 Classes \$96 1/15 Tu 6:45pm-7:15pm

218457 4 & up 6 Classes \$96 3/5 Tu 6:45pm-7:15pm

## Passing & Shooting, Beginner

**Prerequisite:** Passed Pre-Alpha/Mighty Mites 1/Hockey 1  
This specialty class will help you learn the basic hockey stance, stick curve/lie preferences, optimal hand and foot positioning, weight transfer, and how to pass and shoot from a stationary position. **\*Full gear required,** including caged hockey helmet; no game experience needed.

### Cabin John Ice Rink

218200 4 & up 6 Classes \$96 1/15 Tu 7:30pm-8:00pm

218458 4 & up 6 Classes \$96 3/5 Tu 7:30pm-8:00pm

## FULL GEAR =

- Caged hockey helmet
- Hockey pants
- Cup
- Shoulderpads
- Shin guards
- Curved stick cut to skater's height
- Elbow pads
- Hockey gloves
- Hockey skates

Rental skates are available at no extra charge with your class!



# Skate at a Caps Game!

It's a thrill of a lifetime for young hockey players! Your little hockey champ has a chance to play on the ice at the Verizon Center as part of the Washington Capitals' "Mites on Ice" program. Here's how it works:



## Cabin John Ice

1. Enroll your child (age 4-6) for a **March (Winter 2) Mitey Mites class (Level 2, 3, 4 or 5).**
2. Sign up to participate in the Capitals' Mites on Ice program (either at the rink or at ParkPASS.org) for "class" **#222699.**
3. Purchase game tickets for your child and accompanying family members (\$67 each). Drop off a check *made out to the Washington Capitals* to Cabin John Ice no later than Friday, February 28.

Then join us **Tuesday, March 12, Caps vs. Winnipeg**

## Wheaton Ice Arena

1. Enroll your child (age 4-6) for a **January (Winter 1) Hockey 1, 2 or 3 class.**
2. Sign up to participate in the Capitals' Mites on Ice program (either at the rink or at ParkPASS.org) for "class" **#218267.**
3. Purchase game tickets for your child and accompanying family members (\$67 each). Drop off a check *made out to the Washington Capitals* to Wheaton Ice Arena no later than Saturday, January 26.

Then join us **Wednesday, February 26, Caps vs. Colorado**



10610 Westlake Drive  
301-765-8620  
www.CabinJohnIce.com



11717 Orebaugh Avenue  
301-905-3000  
www.WheatonIceArena.com

# HOCKEY WEEKEND ACROSS AMERICA

Celebrate at Wheaton Ice and Cabin John Ice  
**February 15-17, 2013**



**at Wheaton Ice**

**Try Hockey  
for FREE  
Day!**

**Saturday, February 16**

Do you have what it takes to be the next Alex Ovechkin? Come out to the ice and get a FREE hockey lesson. We'll provide free rental hockey skates; helmets are recommended. There's a limited supply of hockey equipment to use at no cost (helmet, pads, etc.), too. Register for equipment after you register for the free lesson.

## Try Hockey for FREE Day

224749 4 & up 1 Class Free Sat. Feb. 16 2:45pm- 3:45pm

## Rental Equipment

(limited availability; *not* required to participate)

*Small* for ages 4-6

224750 Free Sat. Feb. 16 2:45pm- 3:45pm

*Large* for ages 6-8

224751 Free Sat. Feb. 16 2:45pm- 3:45pm

**at both rinks**

**2-for-1 Skate**

**Friday, February 15**

Wear your favorite hockey jersey and skate 2-for-1 (includes admission and skate rentals)

## Wheaton sessions:

12:30-2:30pm, 4:45-6:15pm & 8:15-10:15pm

## Cabin John sessions:

12:30-2:30pm, 4:30-6pm & 8-10pm



11717 Orebaugh Avenue  
301-905-3000  
www.WheatonIceArena.com



10610 Westlake Drive  
301-765-8620  
www.CabinJohnIce.com

No School?  
**parkplayday**  
No Problem!

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including ice skating lessons, arts & crafts, and fun team games and sports.

## Cabin John Ice Rink

211152	6-12yrs	1 Class	\$40	11/5	M	9:00am- 5:00pm
211153	6-12yrs	1 Class	\$40	11/6	Tu	9:00am- 5:00pm
211154	6-12yrs	1 Class	\$40	12/26	W	9:00am- 5:00pm
211155	6-12yrs	1 Class	\$40	12/27	Th	9:00am- 5:00pm
211156	6-12yrs	1 Class	\$40	12/28	F	9:00am- 5:00pm
220649	6-12yrs	1 Class	\$40	1/21	M	9:00am- 5:00pm
220650	6-12yrs	1 Class	\$40	1/22	Tu	9:00am- 5:00pm
220651	6-12yrs	1 Class	\$40	2/18	M	9:00am- 5:00pm

## Wheaton Ice Arena

211102	6-12yrs	1 Class	\$40	11/5	M	9:00am- 5:00pm
211103	6-12yrs	1 Class	\$40	11/6	Tu	9:00am- 5:00pm
211104	6-12yrs	1 Class	\$40	12/26	W	9:00am- 5:00pm
211105	6-12yrs	1 Class	\$40	12/27	Th	9:00am- 5:00pm
211106	6-12yrs	1 Class	\$40	12/28	F	9:00am- 5:00pm
222549	6-12yrs	1 Class	\$40	1/21	M	9:00am- 5:00pm
222550	6-12yrs	1 Class	\$40	1/22	Tu	9:00am- 5:00pm
222551	6-12yrs	1 Class	\$40	2/18	M	9:00am- 5:00pm





# Sign up for the 2nd Annual Winter Doubles Tournament 2012

**Friday, December 28 –  
Sunday, December 30**



What's the perfect antidote to holiday stress, too much food and too little activity? The Wheaton Indoor Tennis Winter Doubles Tournament, of course!

We'll crown a champion for each division, complete with a trophy to take home and your name engraved on the Wheaton Winter Tennis Tournament plaque on display in the facility.

Entry fee is \$25 per person per event (adults 18 and over). The tournament will feature a main and back draw, so you're guaranteed to play at least two matches. We'll ask you for your partner's name when you sign up.

#### **Skill Levels**

Men's or Women's Doubles  
3.0 & under | 3.5 | 4.0 | 4.5  
Mixed Doubles: 6.0 | 7.0 | 8.0

#### **Match Times**

Friday, December 28:	6pm-11pm
Saturday, December 29:	8am-6pm
Sunday, December 30:	8am-5pm

***Will you take home a trophy?***

**Register today at [www.ParkPASS.org](http://www.ParkPASS.org)**

**Deadline is Friday, December 21, 5pm**

**Register for ParkPASS number 216949**



**Pauline Betz Addie Tennis Center**  
**at Cabin John Regional Park**  
 7801 Democracy Blvd.  
 Bethesda, MD 20817  
 301-765-8650  
[CabinJohnTennis.com](http://CabinJohnTennis.com)



**Wheaton Indoor Tennis**  
 Wheaton Regional Park  
 11715 Orebaugh Avenue  
 Wheaton, MD 20902  
 301-905-3030  
[WheatonTennis.com](http://WheatonTennis.com)



## USTA 10 and Under Tennis



This ground-breaking new program from the United States Tennis Association gives kids age 10 and under the opportunity to learn real tennis...and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts sized just right for kids—so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's *real* tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!). All equipment is provided in the course fee.

All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit [www.10andUnderTennis.com](http://www.10andUnderTennis.com), and sign up for a class today at [www.ParkPASS.org](http://www.ParkPASS.org)

### • Ages 4-6

#### Pauline Betz Addie Tennis / Cabin John

216881	4-6yrs	6 Classes	\$132	12/15	Sa	9:00-10:00am
216882	4-6yrs	6 Classes	\$132	12/15	Sa	10:00-11:00am
216883	4-6yrs	6 Classes	\$132	12/15	Sa	11:00am-Noon
216888	4-6yrs	6 Classes	\$132	12/15	Sa	Noon- 1:00pm
216884	4-6yrs	6 Classes	\$132	12/16	Su	11:00am-Noon
216885	4-6yrs	6 Classes	\$132	12/16	Su	Noon- 1:00pm
216886	4-6yrs	6 Classes	\$132	12/16	Su	1:00 - 2:00pm
216887	4-6yrs	6 Classes	\$132	12/16	Su	2:00 - 3:00pm
216890	4-6yrs	6 Classes	\$132	12/18	Tu	4:00 - 5:00pm
216889	4-6yrs	6 Classes	\$132	12/19	W	4:00 - 5:00pm
216896	4-6yrs	6 Classes	\$132	2/6	W	4:00 - 5:00pm
216891	4-6yrs	6 Classes	\$132	2/9	Sa	9:00 - 10:00am
216892	4-6yrs	6 Classes	\$132	2/9	Sa	10:00 - 11:00am
216893	4-6yrs	6 Classes	\$132	2/9	Sa	11:00am-Noon
216894	4-6yrs	6 Classes	\$132	2/9	Sa	Noon- 1:00pm
216897	4-6yrs	6 Classes	\$132	2/10	Su	11:00am-Noon
216898	4-6yrs	6 Classes	\$132	2/10	Su	Noon- 1:00pm
216899	4-6yrs	6 Classes	\$132	2/10	Su	1:00 - 2:00pm
216900	4-6yrs	6 Classes	\$132	2/10	Su	2:00 - 3:00pm
216895	4-6yrs	6 Classes	\$132	2/12	Tu	4:00 - 5:00pm

#### Wheaton Indoor Tennis

221899	4-6yrs	6 Classes	\$108	12/13	Th	5:00- 6:00pm
221900	4-6yrs	6 Classes	\$108	12/14	F	4:00- 5:00pm
221901	4-6yrs	6 Classes	\$108	12/15	Sa	9:00-10:00am
221902	4-6yrs	6 Classes	\$108	12/15	Sa	10:00-11:00am
221903	4-6yrs	6 Classes	\$108	12/15	Sa	1:00- 2:00pm
221904	4-6yrs	6 Classes	\$108	12/16	Su	10:00-11:00am

221905	4-6yrs	6 Classes	\$108	12/17	M	4:00- 5:00pm
221906	4-6yrs	6 Classes	\$108	12/18	Tu	5:00- 6:00pm
221907	4-6yrs	6 Classes	\$108	12/19	W	4:00- 5:00pm
221911	4-6yrs	6 Classes	\$108	2/6	W	4:00- 5:00pm
221912	4-6yrs	6 Classes	\$108	2/7	Th	5:00- 6:00pm
221913	4-6yrs	6 Classes	\$108	2/8	F	4:00- 5:00pm
221914	4-6yrs	6 Classes	\$108	2/9	Sa	9:00-10:00am
221915	4-6yrs	6 Classes	\$108	2/9	Sa	10:00-11:00am
221916	4-6yrs	6 Classes	\$108	2/9	Sa	1:00- 2:00pm
222052	4-6yrs	6 Classes	\$108	2/10	Su	10:00-11:00am
221909	4-6yrs	6 Classes	\$108	2/11	M	4:00- 5:00pm
221910	4-6yrs	6 Classes	\$108	2/12	Tu	5:00- 6:00pm

### • Ages 7-10

#### Pauline Betz Addie Tennis / Cabin John

216901	7-10yrs	6 Classes	\$132	12/13	Th	5:00- 6:00pm
216902	7-10yrs	6 Classes	\$132	12/14	F	4:00- 5:00pm
216905	7-10yrs	6 Classes	\$132	12/15	Sa	9:00-10:00am
216906	7-10yrs	6 Classes	\$132	12/15	Sa	11:00am-Noon
216907	7-10yrs	6 Classes	\$132	12/15	Sa	3:00- 4:00pm
216908	7-10yrs	6 Classes	\$132	12/16	Su	11:00am-Noon
216909	7-10yrs	6 Classes	\$132	12/16	Su	3:00- 4:00pm
216903	7-10yrs	6 Classes	\$132	12/18	Tu	5:00- 6:00pm
216904	7-10yrs	6 Classes	\$132	12/19	W	5:00- 6:00pm
216916	7-10yrs	6 Classes	\$132	2/6	W	5:00- 6:00pm
216910	7-10yrs	6 Classes	\$132	2/7	Th	5:00- 6:00pm
216911	7-10yrs	6 Classes	\$132	2/8	F	4:00- 5:00pm
216912	7-10yrs	6 Classes	\$132	2/9	Sa	9:00-10:00am
216913	7-10yrs	6 Classes	\$132	2/9	Sa	11:00am-Noon
216914	7-10yrs	6 Classes	\$132	2/9	Sa	3:00- 4:00pm
216917	7-10yrs	6 Classes	\$132	2/10	Su	3:00- 4:00pm
216918	7-10yrs	6 Classes	\$132	2/10	Su	11:00am-Noon
216915	7-10yrs	6 Classes	\$132	2/12	Tu	5:00- 6:00pm

#### Wheaton Indoor Tennis

221918	7-10yrs	6 Classes	\$108	12/13	Th	4:00 5:00pm
221927	7-10yrs	6 Classes	\$108	12/13	Th	5:00 6:00pm
221919	7-10yrs	6 Classes	\$108	12/14	F	5:00- 6:00pm
221917	7-10yrs	6 Classes	\$108	12/15	Sa	9:00-10:00am
221923	7-10yrs	6 Classes	\$108	12/16	Su	11:00am-Noon
221924	7-10yrs	6 Classes	\$108	12/16	Su	3:00- 4:00pm
221925	7-10yrs	6 Classes	\$108	12/17	M	5:00- 6:00pm
221926	7-10yrs	6 Classes	\$108	12/18	Tu	4:00- 5:00pm
221921	7-10yrs	6 Classes	\$108	2/7	Th	4:00- 5:00pm
221931	7-10yrs	6 Classes	\$108	2/7	Th	5:00- 6:00pm
221922	7-10yrs	6 Classes	\$108	2/8	F	5:00- 6:00pm
221920	7-10yrs	6 Classes	\$108	2/9	Sa	9:00-10:00am
221928	7-10yrs	6 Classes	\$108	2/10	Su	11:00am-Noon
221932	7-10yrs	6 Classes	\$108	2/10	Su	3:00- 4:00pm
221929	7-10yrs	6 Classes	\$108	2/11	M	5:00- 6:00pm
221930	7-10yrs	6 Classes	\$108	2/12	Tu	4:00- 5:00pm

Kids!  
 Want to  
 play in a real  
 USTA  
 tournament?

USTA/MCTA official  
**10 AND UNDER TENNIS**

tournament at  
 Wheaton Tennis

**NOVEMBER 10**

USTA membership and  
 registration required

Entry deadline November 6

For details, visit

[www.WheatonTennis.com](http://www.WheatonTennis.com)



## TENNIS REGISTRATION DATES

### INDOOR CLASSES

Registration opens  
**DECEMBER 2/3\***  
 for classes starting  
 in **DECEMBER**

Registration opens  
**JANUARY 27/28\***  
 for classes starting  
 in **FEBRUARY**

\* First registration  
 date listed above is for  
 Montgomery County  
 residents; second  
 date is open to all.



## Parent & Child Tennis

Bring your 5-8 year-old and have fun learning fundamental tennis skills together. We'll teach Beginner/ Beginner Plus level skills and drills that can be continued outside of class. *Fee covers one parent and one child; please register the child only.*

### Pauline Betz Addie Tennis / Cabin John

216836	5-8yrs	6 Classes	\$144	12/14	F	4:00- 5:00pm
216838	5-8yrs	6 Classes	\$144	12/15	Sa	1:00- 2:00pm
216835	5-8yrs	6 Classes	\$144	12/17	M	5:00- 6:00pm
216837	5-8yrs	6 Classes	\$144	12/18	Tu	4:00- 5:00pm
216839	5-8yrs	6 Classes	\$144	2/8	F	4:00- 5:00pm
216840	5-8yrs	6 Classes	\$144	2/9	Sa	1:00- 2:00pm
216841	5-8yrs	6 Classes	\$144	2/11	M	5:00- 6:00pm
216842	5-8yrs	6 Classes	\$144	2/12	Tu	4:00- 5:00pm

### Wheaton Indoor Tennis

221799	5-8yrs	6 Classes	\$126	12/13	Th	6:00- 7:00pm
221801	5-8yrs	6 Classes	\$126	12/15	Sa	11:00am-Noon
221803	5-8yrs	6 Classes	\$126	12/15	Sa	Noon- 1:00pm
221805	5-8yrs	6 Classes	\$126	12/16	Su	2:00- 3:00pm
221809	5-8yrs	6 Classes	\$126	12/16	Su	10:00-11:00am
221807	5-8yrs	6 Classes	\$126	12/18	Tu	6:00- 7:00pm
221800	5-8yrs	6 Classes	\$126	2/7	Th	6:00- 7:00pm
221802	5-8yrs	6 Classes	\$126	2/9	Sa	11:00am-Noon
221804	5-8yrs	6 Classes	\$126	2/9	Sa	Noon- 1:00pm
221806	5-8yrs	6 Classes	\$126	2/10	Su	2:00- 3:00pm
221810	5-8yrs	6 Classes	\$126	2/10	Su	10:00-11:00am
221808	5-8yrs	6 Classes	\$126	2/12	Tu	6:00- 7:00pm

## Parent & Pre-Teen Tennis

For parents and their 9- to 12-year-old children; see "Parent & Child Tennis" for class description. Have fun learning tennis together! *Fee covers one parent and one child; register child only.*

### Pauline Betz Addie Tennis / Cabin John

216843	9-12yrs	6 Classes	\$144	12/17	M	5:00- 6:00pm
216846	9-12yrs	6 Classes	\$144	12/18	Tu	4:00- 5:00pm
216844	9-12yrs	6 Classes	\$144	12/19	W	6:00- 7:00pm
216848	9-12yrs	6 Classes	\$144	2/6	W	6:00- 7:00pm
216845	9-12yrs	6 Classes	\$144	2/11	M	5:00- 6:00pm
216847	9-12yrs	6 Classes	\$144	2/12	Tu	4:00- 5:00pm

### Wheaton Indoor Tennis

221849	9-12yrs	6 Classes	\$126	12/13	Th	6:00- 7:00pm
221851	9-12yrs	6 Classes	\$126	12/15	Sa	11:00am-Noon
221853	9-12yrs	6 Classes	\$126	12/15	Sa	Noon- 1:00pm
221855	9-12yrs	6 Classes	\$126	12/16	Su	Noon- 1:00pm
221859	9-12yrs	6 Classes	\$126	12/16	Su	2:00- 3:00pm
221857	9-12yrs	6 Classes	\$126	12/18	Tu	6:00- 7:00pm
221850	9-12yrs	6 Classes	\$126	2/7	Th	6:00- 7:00pm
221852	9-12yrs	6 Classes	\$126	2/9	Sa	11:00am-Noon
221854	9-12yrs	6 Classes	\$126	2/9	Sa	Noon- 1:00pm
221856	9-12yrs	6 Classes	\$126	2/10	Su	Noon- 1:00pm
221860	9-12yrs	6 Classes	\$126	2/10	Su	2:00- 3:00pm
221858	9-12yrs	6 Classes	\$126	2/12	Tu	6:00- 7:00pm

## Beginner Tennis

These classes are designed for students who have never played tennis. You'll learn warm-up exercises; how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

### • Beginner, USTA

For pre-teen beginners, we've taken the exciting new "10 and Under Tennis" program and adapted it for kids age 11-13. The difference between this and other beginning tennis programs? Everything is right-sized for the age group: racquets are lighter and smaller, balls are less bouncy and easier to hit, and courts are smaller (but proportionate) than adult courts. The benefits are immediate—within an hour kids are rallying, having fun and psyched for more. They're playing *real* tennis and having *real* fun.

### Pauline Betz Addie Tennis / Cabin John

216751	11-13yrs	6 Classes	\$132	12/14	F	5:00- 6:00pm
216744	11-13yrs	6 Classes	\$132	12/15	Sa	Noon- 1:00pm
216743	11-13yrs	6 Classes	\$132	12/16	Su	11:00am-Noon
216749	11-13yrs	6 Classes	\$132	12/17	M	4:00- 5:00pm
216746	11-13yrs	6 Classes	\$132	12/19	W	5:00- 6:00pm
216747	11-13yrs	6 Classes	\$132	2/6	W	5:00- 6:00pm
216752	11-13yrs	6 Classes	\$132	2/8	F	5:00- 6:00pm
216745	11-13yrs	6 Classes	\$132	2/9	Sa	Noon- 1:00pm
216748	11-13yrs	6 Classes	\$132	2/10	Su	11:00am-Noon
216750	11-13yrs	6 Classes	\$132	2/11	M	4:00- 5:00pm

### Wheaton Indoor Tennis

220991	11-13yrs	6 Classes	\$108	12/15	Sa	1:00- 2:00pm
220993	11-13yrs	6 Classes	\$108	12/19	W	5:00- 6:00pm
220992	11-13yrs	6 Classes	\$108	2/6	W	5:00- 6:00pm
220994	11-13yrs	6 Classes	\$108	2/9	Sa	1:00- 2:00pm

### • Beginner, Teen

### Pauline Betz Addie Tennis / Cabin John

216737	13-17yrs	6 Classes	\$132	12/13	Th	5:00- 6:00pm
216739	13-17yrs	6 Classes	\$132	12/16	Su	Noon- 1:00pm
216738	13-17yrs	6 Classes	\$132	12/17	M	6:00- 7:00pm
216740	13-17yrs	6 Classes	\$132	2/7	Th	5:00- 6:00pm
216742	13-17yrs	6 Classes	\$132	2/10	Su	Noon- 1:00pm
216741	13-17yrs	6 Classes	\$132	2/11	M	6:00- 7:00pm

### Wheaton Indoor Tennis

220983	13-17yrs	6 Classes	\$108	12/14	F	6:00- 7:00pm
220985	13-17yrs	6 Classes	\$108	12/15	Sa	10:00-11:00am
220987	13-17yrs	6 Classes	\$108	12/16	Su	1:00- 2:00pm
220989	13-17yrs	6 Classes	\$108	12/19	W	6:00- 7:00pm
220990	13-17yrs	6 Classes	\$108	2/6	W	6:00- 7:00pm
220984	13-17yrs	6 Classes	\$108	2/8	F	6:00- 7:00pm
220986	13-17yrs	6 Classes	\$108	2/9	Sa	10:00-11:00am
220988	13-17yrs	6 Classes	\$108	2/10	Su	1:00- 2:00pm

### • Beginner, Adult

### Pauline Betz Addie Tennis / Cabin John

216725	18 & up	6 Classes	\$132	12/13	Th	6:00- 7:00pm
216732	18 & up	6 Classes	\$132	12/15	Sa	5:00- 6:00pm
216733	18 & up	6 Classes	\$132	12/16	Su	Noon- 1:00pm
216727	18 & up	6 Classes	\$132	12/17	M	6:00- 7:00pm
216729	18 & up	6 Classes	\$132	12/18	Tu	7:00- 8:00pm
216731	18 & up	6 Classes	\$132	12/19	W	7:00- 8:00pm
216735	18 & up	6 Classes	\$132	2/6	W	7:00- 8:00pm
216726	18 & up	6 Classes	\$132	2/7	Th	6:00- 7:00pm



## Tennis in 4 Languages

Look for the little blue globe symbol—this marks a class that will be taught in four different languages at Wheaton Indoor Tennis:

**ENGLISH  
SPANISH  
GERMAN  
FRENCH**

If English isn't your first language and you'd like to learn or improve your tennis game, sign up for one of these multi-language lesson times and have a ball! Also great for people who play tennis and would like to brush up on their skills in one of these languages.



## • Beginner, Adult *Pauline Betz Addie* (cont.)

216734	18 & up	6 Classes	\$132	2/9	Sa	5:00-6:00pm
216736	18 & up	6 Classes	\$132	2/10	Su	Noon-1:00pm
216728	18 & up	6 Classes	\$132	2/11	M	6:00-7:00pm
216730	18 & up	6 Classes	\$132	2/12	Tu	7:00-8:00pm

### Wheaton Indoor Tennis

220881	18 & up	6 Classes	\$108	12/13	Th	11:00am-Noon
220889	18 & up	6 Classes	\$108	12/14	F	9:00-10:00am
220883	18 & up	6 Classes	\$108	12/15	Sa	10:00-11:00am
220885	18 & up	6 Classes	\$108	12/15	Sa	2:00-3:00pm
220887	18 & up	6 Classes	\$108	12/16	Su	11:00am-Noon
220895	18 & up	6 Classes	\$108	12/16	Su	4:00-5:00pm
220891	18 & up	6 Classes	\$108	12/17	M	7:00-8:00pm
220899	18 & up	6 Classes	\$108	12/17	M	10:00-11:00am
220893	18 & up	6 Classes	\$108	12/18	Tu	8:00-9:00pm
220897	18 & up	6 Classes	\$108	12/19	W	7:00-8:00pm
220898	18 & up	6 Classes	\$108	2/6	W	7:00-8:00pm
220882	18 & up	6 Classes	\$108	2/7	Th	11:00am-Noon
220890	18 & up	6 Classes	\$108	2/8	F	9:00-10:00am
220884	18 & up	6 Classes	\$108	2/9	Sa	10:00-11:00am
220886	18 & up	6 Classes	\$108	2/9	Sa	2:00-3:00pm
220888	18 & up	6 Classes	\$108	2/10	Su	11:00am-Noon
220896	18 & up	6 Classes	\$108	2/10	Su	4:00-5:00pm
220892	18 & up	6 Classes	\$108	2/11	M	7:00-8:00pm
220900	18 & up	6 Classes	\$108	2/11	M	10:00-11:00am
220894	18 & up	6 Classes	\$108	2/12	Tu	8:00-9:00pm

## • Beginner, Senior

Designed for adults age 55 and older who have never played tennis, or have had minimal instruction. Your instructor will go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable.

### Wheaton Indoor Tennis

220977	55 & up	6 Classes	\$108	12/13	Th	10:00-11:00am
220979	55 & up	6 Classes	\$108	12/17	M	6:00-7:00pm
220981	55 & up	6 Classes	\$108	12/18	Tu	9:00-10:00am
220978	55 & up	6 Classes	\$108	2/7	Th	10:00-11:00am
220980	55 & up	6 Classes	\$108	2/11	M	6:00-7:00pm
220982	55 & up	6 Classes	\$108	2/12	Tu	9:00-10:00am

## Intermediate Tennis @ Wheaton

In Intermediate courses at Wheaton Indoor Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net.

## • Intermediate, Youth

### Wheaton Indoor Tennis

221723	5-8yrs	6 Classes	\$108	12/14	F	4:00pm-5:00pm
221725	5-8yrs	6 Classes	\$108	12/16	Su	3:00pm-4:00pm
221721	5-8yrs	6 Classes	\$108	12/19	W	4:00pm-5:00pm
221722	5-8yrs	6 Classes	\$108	2/6	W	4:00pm-5:00pm
221724	5-8yrs	6 Classes	\$108	2/8	F	4:00pm-5:00pm
221726	5-8yrs	6 Classes	\$108	2/10	Su	3:00pm-4:00pm

## • Intermediate, Pre-Teen

### Wheaton Indoor Tennis

221599	9-12yrs	6 Classes	\$108	12/14	F	5:00-6:00pm
221603	9-12yrs	6 Classes	\$108	12/15	Sa	2:00-3:00pm
221601	9-12yrs	6 Classes	\$108	12/19	W	5:00-6:00pm
221602	9-12yrs	6 Classes	\$108	2/6	W	5:00-6:00pm
221600	9-12yrs	6 Classes	\$108	2/8	F	5:00-6:00pm
221604	9-12yrs	6 Classes	\$108	2/9	Sa	2:00-3:00pm

## • Intermediate, Teen

### Wheaton Indoor Tennis

221611	13-17yrs	6 Classes	\$108	12/14	F	6:00-7:00pm
221613	13-17yrs	6 Classes	\$108	12/15	Sa	Noon-1:00pm
221619	13-17yrs	6 Classes	\$108	12/15	Sa	1:00-2:00pm
221615	13-17yrs	6 Classes	\$108	12/16	Su	4:00-5:00pm
221617	13-17yrs	6 Classes	\$108	12/19	W	6:00-7:00pm
221618	13-17yrs	6 Classes	\$108	2/6	W	6:00-7:00pm
221612	13-17yrs	6 Classes	\$108	2/8	F	6:00-7:00pm
221614	13-17yrs	6 Classes	\$108	2/9	Sa	Noon-1:00pm
221620	13-17yrs	6 Classes	\$108	2/9	Sa	1:00-2:00pm
221616	13-17yrs	6 Classes	\$108	2/10	Su	4:00-5:00pm

## • Intermediate, Adult

### Wheaton Indoor Tennis

221063	18 & up	6 Classes	\$108	12/13	Th	8:00-9:00pm
221065	18 & up	6 Classes	\$108	12/14	F	10:00-11:00am
221067	18 & up	6 Classes	\$108	12/15	Sa	11:00am-Noon
221069	18 & up	6 Classes	\$108	12/16	Su	Noon-1:00pm
221071	18 & up	6 Classes	\$108	12/17	M	11:00am-Noon
221073	18 & up	6 Classes	\$108	12/17	M	8:00-9:00pm
221075	18 & up	6 Classes	\$108	12/18	Tu	7:00-8:00pm
221077	18 & up	6 Classes	\$108	12/19	W	9:00-10:00am
221079	18 & up	6 Classes	\$108	12/19	W	8:00-9:00pm
221078	18 & up	6 Classes	\$108	2/6	W	9:00-10:00am
221080	18 & up	6 Classes	\$108	2/6	W	8:00-9:00pm
221064	18 & up	6 Classes	\$108	2/7	Th	8:00-9:00pm
221066	18 & up	6 Classes	\$108	2/8	F	10:00-11:00am
221068	18 & up	6 Classes	\$108	2/9	Sa	11:00am-Noon
221070	18 & up	6 Classes	\$108	2/10	Su	Noon-1:00pm
221072	18 & up	6 Classes	\$108	2/11	M	11:00am-Noon
221074	18 & up	6 Classes	\$108	2/11	M	8:00-9:00pm
221076	18 & up	6 Classes	\$108	2/12	Tu	7:00-8:00pm

## • Intermediate, Senior

Designed for adults 55 and older who have played tennis before and/or taken tennis lessons, and would like to improve their game.

### Wheaton Indoor Tennis

221609	55 & up	6 Classes	\$108	12/13	Th	7:00-8:00pm
221607	55 & up	6 Classes	\$108	12/17	M	6:00-7:00pm
221605	55 & up	6 Classes	\$108	12/19	W	10:00-11:00am
221606	55 & up	6 Classes	\$108	2/6	W	10:00-11:00am
221610	55 & up	6 Classes	\$108	2/7	Th	7:00-8:00pm
221608	55 & up	6 Classes	\$108	2/11	M	6:00-7:00pm



\* For up-to-date facility closings/status, please sign up for **Parks Alert** on our websites. You may also call us at 301-765-8650 (CI) or 301-905-3030 (W).

## HOURS OF OPERATION and dates to note

**Pauline Betz Addie Tennis Center**

### OPEN

Mon.-Fri. 6am-Midnite\*  
Saturday 6am-8pm\*  
Sunday 6am-11pm\*

### Closed

- Closing early (5pm) on Monday, November 5 (Election Eve)
- Closed to play all day Tuesday, November 6 for Presidential elections (polling place).

### No Classes at either facility

November 21-25  
December 22-January 1

### Both Facilities Closed

- Thursday, November 22 (Thanksgiving)
- Closing early (6pm) on Monday, December 24
- Closed Tuesday, December 25 (Christmas)
- Closing early (6pm) on Monday, December 31 (New Year's Eve)

### Both Facilities OPEN

- Tuesday, January 1 11am-8pm

### Wheaton Indoor Tennis

### OPEN

Sun.-Fri.: 8am-11pm\*  
Saturday: 8am-8pm\*



## First Intermediate Tennis @ PBA

First Intermediate students at Pauline Betz Addie (PBA) will learn how the game of tennis is played, how to keep score, and the difference between doubles and singles. We'll work on service returns and approach shots, and continue to work on stroke development (hip and shoulder rotation, proper racquet positioning, and low-to-high, high-to-low and level swing planes) and consistency.

### • First Intermediate, Youth

#### Pauline Betz Addie Tennis / Cabin John

216801	5-8yrs	6 Classes	\$132	12/14	F	5:00- 6:00pm
216804	5-8yrs	6 Classes	\$132	12/15	Sa	2:00- 3:00pm
216808	5-8yrs	6 Classes	\$132	12/15	Sa	4:00- 5:00pm
216806	5-8yrs	6 Classes	\$132	12/16	Su	1:00- 2:00pm
216802	5-8yrs	6 Classes	\$132	12/18	Tu	5:00- 6:00pm
216803	5-8yrs	6 Classes	\$132	12/19	W	5:00- 6:00pm
216805	5-8yrs	6 Classes	\$132	2/8	F	5:00- 6:00pm
216807	5-8yrs	6 Classes	\$132	2/9	Sa	2:00- 3:00pm
216809	5-8yrs	6 Classes	\$132	2/9	Sa	4:00- 5:00pm
216812	5-8yrs	6 Classes	\$132	2/10	Su	1:00- 2:00pm
216810	5-8yrs	6 Classes	\$132	2/12	Tu	5:00- 6:00pm
216811	5-8yrs	6 Classes	\$132	2/13	W	5:00- 6:00pm

### • First Intermediate, Pre-Teen

#### Pauline Betz Addie Tennis / Cabin John

216783	9-12yrs	6 Classes	\$132	12/13	Th	5:00- 6:00pm
216786	9-12yrs	6 Classes	\$132	12/15	Sa	Noon- 1:00pm
216784	9-12yrs	6 Classes	\$132	12/17	M	5:00- 6:00pm
216785	9-12yrs	6 Classes	\$132	12/19	W	6:00- 7:00pm
216787	9-12yrs	6 Classes	\$132	2/7	Th	5:00- 6:00pm
216788	9-12yrs	6 Classes	\$132	2/9	Sa	Noon- 1:00pm
216789	9-12yrs	6 Classes	\$132	2/11	M	5:00- 6:00pm
216790	9-12yrs	6 Classes	\$132	2/13	W	6:00- 7:00pm

### • First Intermediate, Teen

#### Pauline Betz Addie Tennis / Cabin John

216793	13-17yrs	6 Classes	\$132	12/14	F	6:00- 7:00pm
216795	13-17yrs	6 Classes	\$132	12/15	Sa	1:00- 2:00pm
216796	13-17yrs	6 Classes	\$132	12/16	Su	9:00-10:00am
216797	13-17yrs	6 Classes	\$132	12/16	Su	10:00-11:00am
216791	13-17yrs	6 Classes	\$132	12/17	M	6:00- 7:00pm
216794	13-17yrs	6 Classes	\$132	2/8	F	6:00- 7:00pm
216798	13-17yrs	6 Classes	\$132	2/9	Sa	1:00- 2:00pm
216799	13-17yrs	6 Classes	\$132	2/10	Su	9:00-10:00am
216800	13-17yrs	6 Classes	\$132	2/10	Su	10:00-11:00am
216792	13-17yrs	6 Classes	\$132	2/11	M	6:00- 7:00pm

### • First Intermediate, Adult

#### Pauline Betz Addie Tennis / Cabin John

216778	18 & up	6 Classes	\$132	12/13	Th	7:00- 8:00pm
216775	18 & up	6 Classes	\$132	12/15	Sa	10:00-11:00am
216776	18 & up	6 Classes	\$132	12/18	Tu	8:00- 9:00pm
216779	18 & up	6 Classes	\$132	12/20	Th	10:00-11:00am
216780	18 & up	6 Classes	\$132	2/7	Th	10:00-11:00am
216781	18 & up	6 Classes	\$132	2/7	Th	7:00- 8:00pm
216777	18 & up	6 Classes	\$132	2/9	Sa	10:00-11:00am
216782	18 & up	6 Classes	\$132	2/12	Tu	8:00- 9:00pm

## Second Intermediate Tennis @ PBA

In Second Intermediate Tennis at Pauline Betz Addie (PBA), you'll learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

### • Second Intermediate, Pre-Teen

#### Pauline Betz Addie Tennis / Cabin John

216863	9-12yrs	6 Classes	\$132	12/14	F	5:00- 6:00pm
216866	9-12yrs	6 Classes	\$132	12/15	Sa	1:00- 2:00pm
216868	9-12yrs	6 Classes	\$132	12/15	Sa	6:00- 7:00pm
216864	9-12yrs	6 Classes	\$132	12/18	Tu	5:00- 6:00pm
216865	9-12yrs	6 Classes	\$132	12/19	W	6:00- 7:00pm
216872	9-12yrs	6 Classes	\$132	2/6	W	6:00- 7:00pm
216867	9-12yrs	6 Classes	\$132	2/8	F	5:00- 6:00pm
216869	9-12yrs	6 Classes	\$132	2/9	Sa	6:00- 7:00pm
216870	9-12yrs	6 Classes	\$132	2/9	Sa	1:00- 2:00pm
216871	9-12yrs	6 Classes	\$132	2/12	Tu	5:00- 6:00pm

### • Second Intermediate, Teen

#### Pauline Betz Addie Tennis / Cabin John

216873	13-17yrs	6 Classes	\$132	12/13	Th	6:00- 7:00pm
216874	13-17yrs	6 Classes	\$132	12/14	F	6:00- 7:00pm
216876	13-17yrs	6 Classes	\$132	12/16	Su	3:00- 4:00pm
216875	13-17yrs	6 Classes	\$132	12/18	Tu	6:00- 7:00pm
216877	13-17yrs	6 Classes	\$132	2/7	Th	6:00- 7:00pm
216878	13-17yrs	6 Classes	\$132	2/8	F	6:00- 7:00pm
216880	13-17yrs	6 Classes	\$132	2/10	Su	3:00- 4:00pm
216879	13-17yrs	6 Classes	\$132	2/12	Tu	6:00- 7:00pm

### • Second Intermediate, Adult

#### Pauline Betz Addie Tennis / Cabin John

216849	18 & up	6 Classes	\$132	12/13	Th	7:00- 8:00pm
216856	18 & up	6 Classes	\$132	12/14	F	6:00- 7:00pm
216850	18 & up	6 Classes	\$132	12/15	Sa	11:00am- Noon
216851	18 & up	6 Classes	\$132	12/16	Su	1:00- 2:00pm
216854	18 & up	6 Classes	\$132	12/18	Tu	6:00- 7:00pm
216857	18 & up	6 Classes	\$132	12/19	W	Noon- 1:00pm
216861	18 & up	6 Classes	\$132	2/6	W	Noon- 1:00pm
216852	18 & up	6 Classes	\$132	2/7	Th	7:00- 8:00pm
216858	18 & up	6 Classes	\$132	2/8	F	6:00- 7:00pm
216855	18 & up	6 Classes	\$132	2/9	Sa	11:00am- Noon
216862	18 & up	6 Classes	\$132	2/10	Su	1:00- 2:00pm
216860	18 & up	6 Classes	\$132	2/12	Tu	6:00- 7:00pm

## Advanced Tennis

*Prerequisite: Mastery of Intermediate level skills*

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situation analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including both offensive and defensive shots.

### • Advanced, Youth

#### Pauline Betz Addie Tennis / Cabin John

216721	5-8yrs	6 Classes	\$144	12/15	Sa	5:00- 6:00pm
216722	5-8yrs	6 Classes	\$144	12/16	Su	10:00-11:00am
216723	5-8yrs	6 Classes	\$144	2/9	Sa	5:00- 6:00pm
216724	5-8yrs	6 Classes	\$144	2/10	Su	10:00-11:00am

Rent the  
**SMASH!**



Pauline Betz Addie ("PBA") Tennis Center has a brand-new, high-tech ball machine! It shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions!

Rent the Smash for \$10/hour (in addition to regular court time fees). Sign up at the front desk.



## • Advanced, Pre-Teen

### Pauline Betz Addie Tennis / Cabin John

216711	9-12yrs	6 Classes	\$144	12/15	Sa	2:00- 3:00pm
216712	9-12yrs	6 Classes	\$144	12/15	Sa	6:00- 7:00pm
216713	9-12yrs	6 Classes	\$144	2/9	Sa	2:00- 3:00pm
216714	9-12yrs	6 Classes	\$144	2/9	Sa	6:00- 7:00pm

### Wheaton Indoor Tennis

220874	9-12yrs	6 Classes	\$120	12/13	Th	4:00- 5:00pm
220872	9-12yrs	6 Classes	\$120	12/18	Tu	4:00- 5:00pm
220875	9-12yrs	6 Classes	\$120	2/7	Th	4:00- 5:00pm
220873	9-12yrs	6 Classes	\$120	2/12	Tu	4:00- 5:00pm

## • Advanced, Teen

### Pauline Betz Addie Tennis / Cabin John

216717	13-17yrs	6 Classes	\$144	12/15	Sa	3:00- 4:00pm
216718	13-17yrs	6 Classes	\$144	12/15	Sa	4:00- 5:00pm
216715	13-17yrs	6 Classes	\$144	12/18	Tu	6:00- 7:00pm
216719	13-17yrs	6 Classes	\$144	2/9	Sa	3:00- 4:00pm
216720	13-17yrs	6 Classes	\$144	2/9	Sa	4:00- 5:00pm
216716	13-17yrs	6 Classes	\$144	2/12	Tu	6:00- 7:00pm

### Wheaton Indoor Tennis

220877	13-17yrs	6 Classes	\$120	12/16	Su	5:00- 6:00pm
220879	13-17yrs	6 Classes	\$120	12/18	Tu	5:00- 6:00pm
220878	13-17yrs	6 Classes	\$120	2/10	Su	5:00- 6:00pm
220880	13-17yrs	6 Classes	\$120	2/12	Tu	5:00- 6:00pm

## • Advanced, Adult

### Pauline Betz Addie Tennis / Cabin John

216701	18 & up	6 Classes	\$144	12/13	Th	6:00- 7:00pm
216702	18 & up	6 Classes	\$144	12/14	F	7:00- 8:00pm
216705	18 & up	6 Classes	\$144	12/16	Su	2:00- 3:00pm
216709	18 & up	6 Classes	\$144	12/18	Tu	11:00am- Noon
216703	18 & up	6 Classes	\$144	12/19	W	8:00- 9:00pm
216707	18 & up	6 Classes	\$144	2/6	W	8:00- 9:00pm
216704	18 & up	6 Classes	\$144	2/7	Th	6:00- 7:00pm
216706	18 & up	6 Classes	\$144	2/8	F	7:00- 8:00pm
216708	18 & up	6 Classes	\$144	2/10	Su	2:00- 3:00pm
216710	18 & up	6 Classes	\$144	2/12	Tu	11:00am- Noon

### Wheaton Indoor Tennis

220849	18 & up	6 Classes	\$120	12/14	F	11:00am- Noon
220857	18 & up	6 Classes	\$120	12/16	Su	5:00- 6:00pm
220851	18 & up	6 Classes	\$120	12/17	M	9:00-10:00am
220853	18 & up	6 Classes	\$120	12/17	M	7:00- 8:00pm
220855	18 & up	6 Classes	\$120	12/19	W	7:00- 8:00pm
220856	18 & up	6 Classes	\$120	2/6	W	7:00- 8:00pm
220850	18 & up	6 Classes	\$120	2/8	F	11:00am- Noon
220858	18 & up	6 Classes	\$120	2/10	Su	5:00- 6:00pm
220852	18 & up	6 Classes	\$120	2/11	M	9:00-10:00am
220854	18 & up	6 Classes	\$120	2/11	M	7:00- 8:00pm

## Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help kids develop tennis and athletic skills, and improve overall health and fitness.

### Wheaton Indoor Tennis

221775	6-12yrs	6 Classes	\$120	12/17	M	5:00- 6:00pm
221776	6-12yrs	6 Classes	\$120	2/11	M	5:00- 6:00pm

## Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

### Pauline Betz Addie Tennis / Cabin John

216773	18 & up	6 Classes	\$144	12/13	Th	9:00-10:00am
216754	18 & up	6 Classes	\$144	12/15	Sa	2:00- 3:00pm
216756	18 & up	6 Classes	\$144	12/15	Sa	3:00- 4:00pm
216758	18 & up	6 Classes	\$144	12/16	Su	2:00- 3:00pm
216759	18 & up	6 Classes	\$144	12/16	Su	9:00-10:00am
216753	18 & up	6 Classes	\$144	12/17	M	7:00- 8:00pm
216761	18 & up	6 Classes	\$144	12/18	Tu	7:00- 8:00pm
216763	18 & up	6 Classes	\$144	12/18	Tu	1:00- 2:00pm
216760	18 & up	6 Classes	\$144	12/19	W	7:00- 8:00pm
216762	18 & up	6 Classes	\$144	12/19	W	11:00am- Noon
216764	18 & up	6 Classes	\$144	12/20	Th	Noon- 1:00pm
216770	18 & up	6 Classes	\$144	2/6	W	7:00- 8:00pm
216765	18 & up	6 Classes	\$144	2/7	Th	Noon- 1:00pm
216774	18 & up	6 Classes	\$144	2/7	Th	9:00-10:00am
216755	18 & up	6 Classes	\$144	2/9	Sa	2:00- 3:00pm
216757	18 & up	6 Classes	\$144	2/9	Sa	3:00- 4:00pm
216771	18 & up	6 Classes	\$144	2/10	Su	9:00-10:00am
216772	18 & up	6 Classes	\$144	2/10	Su	2:00- 3:00pm
216766	18 & up	6 Classes	\$144	2/11	M	7:00- 8:00pm
216767	18 & up	6 Classes	\$144	2/12	Tu	1:00- 2:00pm
216768	18 & up	6 Classes	\$144	2/12	Tu	7:00- 8:00pm
216769	18 & up	6 Classes	\$144	2/13	W	11:00am- Noon

### Wheaton Indoor Tennis

220995	18 & up	6 Classes	\$120	12/13	Th	9:00-10:00am
220997	18 & up	6 Classes	\$120	12/15	Sa	9:00-10:00am
221005	18 & up	6 Classes	\$120	12/16	Su	1:00- 2:00pm
221001	18 & up	6 Classes	\$120	12/17	M	8:00- 9:00pm
220999	18 & up	6 Classes	\$120	12/18	Tu	10:00-11:00am
221003	18 & up	6 Classes	\$120	12/18	Tu	7:00- 8:00pm
220996	18 & up	6 Classes	\$120	2/7	Th	9:00-10:00am
220998	18 & up	6 Classes	\$120	2/9	Sa	9:00-10:00am
221006	18 & up	6 Classes	\$120	2/10	Su	1:00- 2:00pm
221002	18 & up	6 Classes	\$120	2/11	M	8:00- 9:00pm
221000	18 & up	6 Classes	\$120	2/12	Tu	10:00-11:00am
221004	18 & up	6 Classes	\$120	2/12	Tu	7:00- 8:00pm

## Tennis Clinic: Men's Level 4.0 & Up Drill/Play

### Prerequisite: Evaluation by instructor

This advanced course for men at USTA Level 4.0 and above will feature drills covering transitional play, baseline hitting, volleys and overhead smash; combined with rotating point and game play. Call 301-765-8650 for more information.

**NEW!**

### Pauline Betz Addie Tennis / Cabin John

216699	18 & up	6 Classes	\$288	12/19	W	9:00-11:00pm
216700	18 & up	6 Classes	\$288	2/6	W	9:00-11:00pm

## A Note to our Tennis Students

Parks instructors work carefully with all students to help you get the most out of every class.

At the end of each class, the instructor will tell you if you're ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.



## Stroke of the Day

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

### Wheaton Indoor Tennis

#### • Groundstrokes

221863	18 & up	6 Classes	\$120	12/13	Th	7:00- 8:00pm
221861	18 & up	6 Classes	\$120	12/17	M	6:00- 7:00am
221865	18 & up	6 Classes	\$120	12/18	Tu	11:00am-Noon
221864	18 & up	6 Classes	\$120	2/7	Th	7:00- 8:00pm
221862	18 & up	6 Classes	\$120	2/11	M	6:00- 7:00am
221866	18 & up	6 Classes	\$120	2/12	Tu	11:00am-Noon

#### • Net Play

221867	18 & up	6 Classes	\$120	12/19	W	11:00am-Noon
221868	18 & up	6 Classes	\$120	2/6	W	11:00am-Noon

#### • Serve and Return

221869	18 & up	6 Classes	\$120	12/15	Sa	2:00- 3:00pm
221870	18 & up	6 Classes	\$120	2/9	Sa	2:00- 3:00pm

## Matchplay Tennis

*Prerequisite: Instructor review of student's level of play*

Here's a great opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will coach you through different situations and give you on-the-spot tips and insights into your game.

For Matchplay Tennis at **Pauline Betz Addie/Cabin John**, email Gino.Tomasello@MontgomeryParks.org or call 301-765-8652. At **Wheaton**, email Justin.Reid@MontgomeryParks.org or call 301-905-3030.

### Pauline Betz Addie Tennis / Cabin John

216832	18 & up	6 Classes	\$144	12/13	Th	11:00am-Noon
216815	18 & up	6 Classes	\$144	12/14	F	7:00- 8:00pm
216816	18 & up	6 Classes	\$144	12/14	F	8:00- 9:00pm
216813	18 & up	6 Classes	\$144	12/17	M	8:00- 9:00pm
216814	18 & up	6 Classes	\$144	12/17	M	7:00- 8:00pm
216817	18 & up	6 Classes	\$144	12/18	Tu	7:00- 8:00pm
216818	18 & up	6 Classes	\$144	12/18	Tu	8:00- 9:00pm
216830	18 & up	6 Classes	\$144	12/18	Tu	Noon- 1:00pm
216819	18 & up	6 Classes	\$144	12/19	W	7:00- 8:00pm
216821	18 & up	6 Classes	\$144	12/19	W	8:00- 9:00pm
216829	18 & up	6 Classes	\$144	12/19	W	1:00- 2:00pm
216834	18 & up	6 Classes	\$144	2/6	W	1:00- 2:00pm
216833	18 & up	6 Classes	\$144	2/7	Th	11:00am-Noon
216820	18 & up	6 Classes	\$144	2/8	F	7:00- 8:00pm
216822	18 & up	6 Classes	\$144	2/8	F	8:00- 9:00pm
216823	18 & up	6 Classes	\$144	2/11	M	7:00- 8:00pm
216824	18 & up	6 Classes	\$144	2/11	M	8:00- 9:00pm
216825	18 & up	6 Classes	\$144	2/12	Tu	7:00- 8:00pm
216826	18 & up	6 Classes	\$144	2/12	Tu	8:00- 9:00pm
216831	18 & up	6 Classes	\$144	2/12	Tu	Noon- 1:00pm
216827	18 & up	6 Classes	\$144	2/13	W	7:00- 8:00pm
216828	18 & up	6 Classes	\$144	2/13	W	8:00- 9:00pm

### Wheaton Indoor Tennis

221795	18 & up	6 Classes	\$120	12/13	Th	8:00- 9:00pm
221797	18 & up	6 Classes	\$120	12/19	W	8:00- 9:00pm
221798	18 & up	6 Classes	\$120	2/6	W	8:00- 9:00pm
221796	18 & up	6 Classes	\$120	2/7	Th	8:00- 9:00pm

## Round Robin Doubles

Test your tennis prowess, meet new people and have fun on the courts! You'll play up to 3 pro sets (8 games per set; winners move up a court, losers move down a court) each night. No need to bring a partner; we'll match you up with a player of comparable skill. Please check the descriptions below to find your skill level.

### • Level 3.0 and above

You play at least once a week and hit medium-paced shots consistently. You've found your strike zone, and can return most balls hit into your strike zone standing still. Your first serves are good, but you'd like to increase their power; and you'd like to work on different strokes, increased control, and better shot placement, depth and power.

### Pauline Betz Addie Tennis / Cabin John

220956	18 & up	1 Classes	\$20	1/5	Sa	8pm-Midnite
220972	18 & up	1 Classes	\$20	1/19	Sa	8pm-Midnite
220973	18 & up	1 Classes	\$20	2/2	Sa	8pm-Midnite
220974	18 & up	1 Classes	\$20	2/16	Sa	8pm-Midnite
220975	18 & up	1 Classes	\$20	3/2	Sa	8pm-Midnite
220976	18 & up	1 Classes	\$20	3/16	Sa	8pm-Midnite

### Wheaton Indoor Tennis

221955	18 & up	1 Classes	\$10	12/14	F	7:00- 9:00pm
221957	18 & up	1 Classes	\$10	12/15	Sa	7:00- 9:00am
221959	18 & up	1 Classes	\$10	1/4	F	7:00- 9:00pm
221950	18 & up	1 Classes	\$20	1/5	Sa	8pm-Midnite
221963	18 & up	1 Classes	\$10	1/12	Sa	7:00- 9:00am
221951	18 & up	1 Classes	\$20	1/12	Sa	8pm-Midnite
221961	18 & up	1 Classes	\$10	1/18	F	7:00- 9:00pm
221999	18 & up	1 Classes	\$10	1/19	Sa	7:00- 9:00am
221964	18 & up	1 Classes	\$10	1/26	Sa	7:00- 9:00am
221953	18 & up	1 Classes	\$20	1/26	Sa	8pm-Midnite
221968	18 & up	1 Classes	\$20	2/16	Sa	8pm-Midnite
221969	18 & up	1 Classes	\$20	2/23	Sa	8pm-Midnite
221971	18 & up	1 Classes	\$20	3/9	Sa	8pm-Midnite

### • Level 3.5 and above

You play at least twice a week, exhibit a strong level of stroke dependability and direction on moderate shots, and want to improve the depth and variety of your shots. You know how to play the net aggressively and cover the court effectively, and have made progress in developing teamwork skills in doubles play. You also know how to maneuver the body and racquet to hit balls in the strike zone, aren't afraid to take chances, are beginning to develop pace and spin, and play a consistent game against others at your level of skill or slightly higher.

### Wheaton Indoor Tennis

221949	18 & up	1 Classes	\$20	12/15	Sa	8pm-Midnite
221956	18 & up	1 Classes	\$10	12/21	F	7:00- 9:00pm
221958	18 & up	1 Classes	\$10	1/5	Sa	7:00- 9:00am
221960	18 & up	1 Classes	\$10	1/11	F	7:00- 9:00pm
221952	18 & up	1 Classes	\$20	1/19	Sa	8pm-Midnite
221962	18 & up	1 Classes	\$10	1/25	F	7:00- 9:00pm
221973	18 & up	1 Classes	\$10	2/1	F	7:00- 9:00pm
221965	18 & up	1 Classes	\$10	2/2	Sa	7:00- 9:00am
221954	18 & up	1 Classes	\$20	2/2	Sa	8pm-Midnite
221974	18 & up	1 Classes	\$10	2/8	F	7:00- 9:00pm
221966	18 & up	1 Classes	\$10	2/9	Sa	7:00- 9:00am
221967	18 & up	1 Classes	\$20	2/9	Sa	8pm-Midnite
221975	18 & up	1 Classes	\$10	2/15	F	7:00- 9:00pm
222000	18 & up	1 Classes	\$10	2/16	Sa	7:00- 9:00am
221976	18 & up	1 Classes	\$10	2/22	F	7:00- 9:00pm
222001	18 & up	1 Classes	\$10	2/23	Sa	7:00- 9:00am
221977	18 & up	1 Classes	\$10	3/1	F	7:00- 9:00pm
222049	18 & up	1 Classes	\$10	3/2	Sa	7:00- 9:00am
221970	18 & up	1 Classes	\$20	3/2	Sa	8pm-Midnite
221978	18 & up	1 Classes	\$10	3/8	F	7:00- 9:00pm
222050	18 & up	1 Classes	\$10	3/9	Sa	7:00- 9:00am
221979	18 & up	1 Classes	\$10	3/15	F	7:00- 9:00pm
222051	18 & up	1 Classes	\$10	3/16	Sa	7:00- 9:00am
221972	18 & up	1 Classes	\$20	3/16	Sa	8pm-Midnite



Save Time, Money  
and Trouble...

**Sign up for  
Seasonal  
Court Time**

Some openings  
still exist at both  
**Pauline Betz  
Addie Tennis Center  
and Wheaton Indoor  
Tennis for the  
2012-2013 Indoor  
Tennis Season.**

You'll save money  
over regular spot  
time fees, and enjoy  
the convenience of  
having a reserved  
court each week in  
the 32-week season  
(now through April  
18, 2013).

Call us at 301-765-  
8650 (PBA) or 301-  
905-3030 (Wheaton).

# Private Tennis Instruction in Montgomery Parks

Give your tennis game some extra attention with private tennis instruction through Montgomery Parks. The USPTA or USPTR certified instructors listed below are available to teach private lessons at Pauline Betz Addie Tennis Center, Wheaton Indoor Tennis, and Montgomery Parks outdoor courts (in season). Private lessons are available for all level of players, ages five and up. Contact the instructor directly for more info, or feel free to call us.

**www.CabinJohnTennis.com**  
301-765-8650  
**www.WheatonTennis.com**  
301-905-3030



**Dennis Ballard**  
15 years' teaching experience  
\$38/hr. + court fee  
240-687-0450/301-622-6783  
DBallard@aol.com

**Ross H. Howe**  
25 years' teaching experience  
\$48/hr. + court fee  
301-908-4253  
Ross.H.Howe@gmail.com

**Preston Jackson**  
39 years' teaching experience  
\$44/hr. + court fee  
240-460-3981/301-725-1222  
TenPro1947@aol.com

**Melvin Jenkins**  
16 years' teaching experience  
\$44/hr. + court fee  
301-345-1214/301-675-8466  
MelvinTennis@comcast.net

**Abdul Jordan**  
15 years' teaching experience  
\$38/hr. + court fee  
240-644-5864  
AbdulJordanTennis@hotmail.com

**Marna Katzel**  
26 years' teaching experience  
\$53/hr. + court fee  
301-540-9649/301-442-5931  
MarnaTennis@yahoo.com

**Andrea Martin**  
15 years' teaching experience  
\$38/hr. + court fee  
301-520-8041  
Andrea.Tennis@hotmail.com

**Raul Molina**  
22 years' teaching experience  
\$45/hr. + court fee  
301-905-2213  
RMTennis@hotmail.com

**Gregory Olagbegi**  
25 years' teaching experience  
\$45/hr. + court fee  
301-674-8448  
GregOlagbegi@msn.com

**Sam Prasert**  
33 years' teaching experience  
\$44/hr. + court fee  
301-575-6731/301-942-1794  
SamPrasert@hotmail.com

**German Sanchez**  
16 years' teaching experience  
\$38/hr. + court fee  
202-415-3561  
Kikozas@hotmail.com

**Tyrone Turner**  
17 years' teaching experience  
\$50/hr. + court fee  
301-922-2395

**Ben Woods**  
53 years' teaching experience  
\$45/hr. + court fee  
202-213-1012  
301-649-1887 fax

**Mehmet Yargici**  
20 years' teaching experience  
\$40/hr. + court fee  
301-653-4144/240-453-9462  
MehmetYargici@aol.com

**Selim Yargici**  
15 years' teaching experience  
\$44/hr. + court fee  
301-661-4140  
Tennis@bidbox.com

**Eric Zatman**  
37 years' teaching experience  
\$44/hr. + court fee  
240-506-1267/301-869-9753  
EZatman@aol.com

## CUSTOM TENNIS CLASSES

Do you have friends, family members, classmates, or a church or scout group looking for a fun and healthy group activity? Tennis is excellent cardiovascular exercise and promotes good hand-eye coordination, balance and strength. Call us and we'll work together to create a custom tennis class just for you.

**FOR MORE INFORMATION, PLEASE CONTACT**

**Wheaton Indoor Tennis:**

Justin.Reid@MontgomeryParks.org (301-905-3030)

**Pauline Betz Addie in Cabin John:**

John.Metzger@MontgomeryParks.org (301-765-8650)

Gino.Tomasello@Montgomery.Parks.org (301-765-8652)

## Restringing/Regripping

- Available at both facilities
- Very reasonable rates
- Quick turnaround (one—two days)
- Ask for **Albert Lee** at Pauline Betz Addie (stringer at Wimbledon and the French, U.S., and Australian Open)
- Ask for **German Sanchez** at Wheaton Tennis



# Connect *with* Parks

Find out about all kinds of things to do and explore in M-NCPPC, Montgomery Parks!



- 🔌 Subscribe to the **Guide**
- 🔌 Join the conversation on **Facebook**
- 🔌 **Tweet** with us
- 🔌 Sign up for an **e-news**letter
- 🔌 Learn about **park/playground** projects in your neighborhood

**Tell us how we're doing!**  
**MontgomeryParks.org/connect**



# How to register for a **Montgomery Parks Course** or **Program**



## BEFORE YOU REGISTER

- Visit [www.ParkPASS.org](http://www.ParkPASS.org) to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

## READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at [www.ParkPASS.org](http://www.ParkPASS.org), beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

## QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email [MCP-ParkPASSHelp@MontgomeryParks.org](mailto:MCP-ParkPASSHelp@MontgomeryParks.org).

## REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

## PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at [ParkPASS.org](http://ParkPASS.org).
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit [www.ParkPASS.org](http://www.ParkPASS.org) for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

## MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supersede this standard policy.

# REGISTRATION INFORMATION

## MONTGOMERY COUNTY RECREATION

### FOUR WAYS TO REGISTER



**RECWEB** Online registration at [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov).



**FAX 240-777-6818**

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



**MAIL OR DROP OFF**



**FULL SERVICE IN PERSON**

Montgomery County Recreation  
Attention: Registrar  
4010 Randolph Road  
Silver Spring, MD 20902-1099  
Phone: 240-777-6840  
Monday-Friday, 8:30am-4:30pm

### PAYMENT INFORMATION

Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.

Non-county residents must pay an additional \$15.00 per participant per activity.

Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

The next opportunity to apply for financial assistance is May/June, 2013; however, it will not be available to use until July 1, 2013. Financial assistance will then be available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

### WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: <a href="mailto:rec.refund@montgomerycountymd.gov">rec.refund@montgomerycountymd.gov</a> Online: <a href="http://recweb.montgomerycountymd.gov">recweb.montgomerycountymd.gov</a>	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per the program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

**Cancellation Policy:** Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

# DONT BE CONFUSED!

Montgomery County **PARKS** and Montgomery County **RECREATION** are two separate agencies, with separate customer records, course enrollment guidelines, etc.

But we publish this catalog together, so that you can get information about all the great Montgomery County courses in one handy Program Guide.

**BLUE =**

**GREEN =**



Want to enroll in a  
**RECREATION** course?

Read the registration information on  
page 150  
then fill out the **BLUE**  
section of the  
registration form.



Want to enroll in a  
**PARKS** course?

Read the registration information on  
page 149,  
then fill out the **GREEN**  
section of the  
registration form.

- The Guide is color-coded for ease of use:

**RECREATION** courses are on the **BLUE** pages.

**PARKS** courses are on the **GREEN** tabbed pages.

- The Guide's registration form is also color-coded:

**RECREATION = BLUE**

**PARKS = GREEN**

Want to enroll in BOTH a **PARKS** course and a **RECREATION** course?

1. Make a copy of the registration form.
2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment [see page 149 for details].
3. Fill out the **BLUE** section for the **RECREATION** course, and fax, mail, or bring the form to the appropriate Recreation location [see page 150 for details].

## GOT A QUESTION? CALL US!

**301-495-2580**  
**PARKS**

**240-777-6840**  
**RECREATION**



# RECREATION REGISTRATION FORM

## MAIN CONTACT (18 YEARS +)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Birth Date (mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_ Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## PAYER INFORMATION (If different than Main Contact)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Please check if this  
 Home Phone \_\_\_\_\_ Email \_\_\_\_\_ is a new address/  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ phone/email.

## PARTICIPANT'S NAME (Last, First)

Birth Date  
(mm/dd/yyyy)

Gender  
(M/F)

Title

CLASS/ACTIVITY  
Number

Location

Fee


☐ Check or Money Order (payable to MCRD)

☐ VISA ☐ MasterCard

Non-County Residents include an additional \$15 per participant, per activity.

Cardholder Name (print) \_\_\_\_\_

Number \_\_\_\_\_

Exp. \_\_\_\_\_

Program Fee Total

Signature \_\_\_\_\_

Date \_\_\_\_\_

Mail to: MCRD, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

FAX to: (240) 777-6818 (Credit Card Payment Only)

Online: [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov)

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way the County desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# PARKS REGISTRATION FORM

## MAIN CONTACT

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Birth Date (mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_ Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ ZIP \_\_\_\_\_

## PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Please check if this  
 Home Phone \_\_\_\_\_ Email \_\_\_\_\_ is a new address/  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ phone/email.

## PARTICIPANT'S NAME (Last, First)

Birth Date  
(mm/dd/yyyy)

Gender  
(M/F)

Title

CLASS/ACTIVITY  
Number

Location

Fee


Program Fee Total

Save time and money! Register online at [ParkPASS.org](http://ParkPASS.org). To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit [www.MontgomeryParks.org](http://www.MontgomeryParks.org) for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way Montgomery Parks/M-NCPPC desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# SummerCamps

Come out and play.

- » Camps and programs for every age, schedule and interest.
- » Full and Half-Day programs.
- » Look for our brochure in early January.
- » Registration begins January 22, 2013!

[MontgomeryCountyMD.gov/rec](http://MontgomeryCountyMD.gov/rec)



Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, MD 20902

PRSRT STD  
US Postage Paid  
Rockville, MD  
Permit No.138

or current resident

**Opening soon in Wheaton Regional Park—  
Montgomery Parks' great new  
COVERED multi-purpose sports field.**



# WHEATON SPORTS PAVILION

## COACHES

Get your team  
under our roof!

Call 301-905-3070  
to schedule a  
**TOUR**

SOCCER FUTSAL LACROSSE

- 200' x 85' COVERED field
- Open year-round
- State-of-the-art synthetic turf
- Soccer, lacrosse & futsal lines sewn in
- Goals provided

- Dasher boards and scoreboard
- Bleachers & team benches
- Sound system & Wi-Fi
- 4 Team Rooms available
- Referee Room & First Aid Room

#### FEES:

\$150/hour for full field  
\$125/hour for Montgomery &  
Prince George's County teams  
\$75/hour for half-field

**Wheaton Sports Pavilion** | 11751 Orebaugh Avenue | Wheaton, MD 20902 | 301-905-3070 | [www.WheatonSportsPavilion.com](http://www.WheatonSportsPavilion.com)

